Toronto metro

TUESDAY, FEBRUARY 16, 2016

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## Lena Dunham

**Getting 'real' on feminism, millennials and hit show Girls**

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# THE GRAMMYS

**Dazzling performances, red-carpet stunners and first-ever winners**

metroLIFE

# Toronto metro

Your essential daily news | TUESDAY, FEBRUARY 16, 2016 | High 0°C/Low -4°C Periods of snow


# Two more killed on the roads

TORONTO'S DEADLY STREETS

## Pedestrian deaths climb to seven this year; elderly at risk

**Luke Simcoe**
Metro | Toronto


For two Toronto families, next Family Day weekend will be a memorial rather than a holiday.

Two elderly pedestrians died over the weekend after being struck by drivers in separate incidents on opposite ends of the city. Their unfortunate deaths bring the number of pedestrian fatalities in Toronto this year to seven.

The first victim, a 72-year-old woman, was hit and killed Saturday morning while crossing Finch Avenue West at Tobermory Drive.

Police did not say if the 78-year-old driver will be facing charges.

Michael Black of Walk Toronto said the tragedy "epitomizes what's wrong with our streets," noting that a number of older residents have been killed this year while crossing major suburban thoroughfares.

Black also wondered whether the extremely cold weather played a role in the crash, and urged drivers to be mindful of "bundled up" pedestrians who may have limited visibility.

The second victim was involved in a collision Feb. 10. The 84-year-old man was walking on the south side of Wedgewood Drive near Tobruk Crescent when he was hit by a Honda Accord that jumped the sidewalk.

The man was taken to hospital, where he died Saturday, police said.

The crash remains under investigation.

**RESOLUTION**

**Safety plan on the horizon**
City officials are in the midst of drafting a new road safety plan, and have pledged to address speed on suburban arterials and make Toronto's streets safer for seniors.


**MAPPED:**
Where the fatalities have occurred in Toronto, **page 7**

**Figure skater Chantal Fry performs inside an interactive snowglobe installation at the Harbourfront Centre's Snowglobe Festival.** LIZ BEDDALL/METRO

# HOLIDAY HUSTLE

## Family Day ushers in giant snowglobes, new world record

metroNEWS

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metro NEWS
Your essential daily news

Quebec film industry looks into name of Jutra Awards amid pedophile allegations against Claude Jutra.

# Hoop-la scores for Toronto

2016 NBA ALL-STAR

## City expected to take in nearly $100M from the festivities

Gilbert Ngabo
Metro | Toronto

Hotels were full. Lineups at shoe stores were endless. Music venues were sold out. The NBA all-star weekend took over Toronto, and experts say it was a slam-dunk for the city's economy.

"This is the kind of event we wish we could have every week," said Andrew Weir, chief marketing officer at Tourism Toronto. "It's not just hotels and restaurants, it's also retail and taxis; everyone benefits."

Toronto is projected to reap nearly $100 million from the festivities, which is comparable to past host cities. New York was the big exception last year, when it raked in almost $200 million from all-star events.

According to Rukkus.com, a ticket marketplace based in New York, Toronto was the third-most expensive NBA all-star game in history. The average ticket to the game was $1,113.

The all-star event was also a social media boon for Toronto. On Friday, the NBA announced it had garnered more than a billion likes and followers on its social media platforms.

"You've got people all over the world talking about Toronto," Weir said. "We're like the centre of pop culture all weekend."

As the first-ever host city outside of the U.S., Toronto certainly showed visiting NBA fans some Canadian hospitality. According to Toronto police, the weekend was uneventful.

"We're not aware of any incidents in relation to the NBA all-star weekend," said police spokeswoman Jenifferjit Sidhu.

DeMar DeRozan goes up for a dunk during Sunday's all-star game, the capper on a huge weekend for T.O. BOB DONNAN/POOL/GETTY IMAGES

## What's next?

The NBA all-star weekend is in the books, but Toronto still has more sporting events coming its way.

The World Cup of Hockey will be here in September, as the Leafs celebrate their 100th anniversary.

Toronto will also host the Grey Cup in November.

And very soon — April 8, to be exact — the Blue Jays will play their season home opener.

## HIGHLIGHTS

**Drizzy in the Six**
Drake was all over the place last weekend. He was awarded the key to the city by Mayor John Tory. He played ping-pong against Hall of Famer Reggie Miller. He was the head coach of Team Canada at the all-star celebrity game, and he introduced the starters at Sunday's game, declaring "this is the best game with the best players finally in the best city in the world."

**Win Butler boosts Canada**
Arcade Fire's Win Butler was named MVP for Team Canada during the celebrity game, but his performance in a post-game interview stole the show. After attempting to discuss the American election, saying "the U.S. has a lot they can learn from Canada," Butler was abruptly cut off by ESPN host Sage Steele. A clip from the awkward interview quickly went viral.
GILBERT NGABO/METRO

**For the slam dunks, the big game and more, head to metroSPORTS**

**Drake and John Tory**
RYAN EMBERLEY

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## IN BRIEF

**Glass falls from hotel tower**
A 14-foot sheet of glass fell from a "high floor" at the Four Seasons hotel Monday, according to police.

There have been no injuries or reports of property damage.

Halla Rafati, the director of public relations at the Four Seasons, said around 2:30 p.m., the east-facing window atop the building of the west tower of Four Seasons Residences broke and glass fell down onto a private driveway.

TORSTAR NEWS SERVICE

**Shooting suspect sought**
The Toronto police's Emergency Task Force was called onto the scene of a shooting at Toronto Don Valley Hotel at about 4:30 p.m. Monday.

One man was transported to a trauma centre with non-life-threatening injuries, according to paramedics.

Police were seeking an armed suspect in the area.

TORSTAR NEWS SERVICE

**Man charged with sexually assaulting job-seeker**
A Toronto man has been charged after a woman responding to a Kijiji job ad was sexually assaulted, police say.

On Feb. 11, a 23-year-old woman went to a job interview for a cleaner position at an office near Bathurst Street and Wilson Avenue.

The man interviewing her allegedly made "inappropriate" comments and then sexually assaulted her.

Sydney Sopher, 68, faces one count of sexual assault.

TORSTAR NEWS SERVICE

**Man's fall through skylight leads to investigation**
Police are investigating after a man fell through the skylight of the Keg Mansion and injured himself Sunday.

TORSTAR NEWS SERVICE

# Music industry is wary of changes to noise bylaw

POLICY

## Proposed decibel level too low for live shows: Lawyer

Jessica Smith Cross
Metro | Toronto

City staff and some major players in Toronto's music industry are trying to figure out just how loud is too loud for the sound that leaks out of local concert venues.

Shortly after being elected, Mayor John Tory pledged to amplify Toronto's music scene by relaxing some of the red tape around concerts — including the city's noise bylaw.

However, now that proposed changes to the bylaw have been made public, some in the music business are worried it will become more difficult — not less — to host live shows.

As part of the revamp, the music industry asked the city to make bylaws clearer by legislating how many decibels are actually too loud.

The city has done that but it's created new concerns, said Andreas Kalogiannides, an entertainment lawyer who's been working with the Toronto Music Advisory Council.

The proposed bylaw says the noise threshold in a residential neighbourhood after 11 p.m. should be 45 decibels.

That's too quiet, Kalogiannides said. The typical volume of a library is about 45 to 50 decibels, and the background noise of Toronto is often much louder, he added.

The bylaw also doesn't state whether the 45 decibels should be measured at the complainant's door or in their bedroom with the windows closed. That could be a big difference, Kalogiannides said.

**The Weeknd performs at Toronto's Sound Academy. Members of the local music industry are worried changes to the city's noise bylaws could make it more difficult to host concerts.**
TORSTAR NEWS SERVICE FILE

Meanwhile, the city is proposing vastly increased fines for violating the noise bylaw —up to a maximum of $100,000 a day.

That's about 20 times the current fine, Kalogiannides said, and it sends the wrong message to the music industry.

### HAVE A SAY

**Sound off on noise bylaws**
Staff will present the changes being considered at a public consultation session on Feb. 17 from 6 to 8 p.m. at Toronto City Hall in Committee Room 1.

**Noise complaints rising**
Noise bylaws complaints have risen significantly as Toronto has grown over the past five years. The main culprit is construction — residential construction noise complaints have risen by 751 per cent. Complaints about loud music have risen by 170 per cent.

ARTS

## 'It's the most Toronto film that's ever been made'

Liz Beddall
Metro | Toronto

What New York City is to Woody Allen, what Boston is to Ben Affleck, the city of Toronto is to 27-year-old independent filmmaker Curt Jaimungal

"I really. really like Toronto — like, a ton," says Jaimungal, whose comedy I'm Okay is set to make its debut Tuesday at TIFF Bell Lightbox. "Everybody has a travel bug, everybody wants to go to Paris, to New York. I just feel like I haven't explored Toronto enough."

It's that same passion for the city that led Jaimungal to form indiefilmTO — an independent filmmaker community encouraging the city's visual artists to learn the art of moviemaking on a shoestring.

The indiefilmTO website offers tips for securing funding and lets other aspiring filmmakers network and learn from one another.

"The biggest roadblock facing Toronto filmmakers is their own limiting beliefs," Jaimungal said, adding many artists he meets have films in their back pocket but procrastinate because of a lack of funding or training.

"This is why I made I'm Okay, to show them that you can do it with very little budget. Look what you can do if you just put in the time," he said.

Working with a mere $25,000, Jaimungal's feature about a relationship on its last legs is both a jab at modern romance and a love letter to Toronto.

"It's the most Toronto film that's ever been made," he said. "The TTC, the street names — Toronto is almost a character in the film."

And with his next project already in motion, the young filmmaker isn't shy to set his sights on a future in the spotlight.

**Indie filmmaker Curt Jaimungal**'s debut movie, I'm Okay, will premiere Tuesday at the TIFF Bell Lightbox. LIZ BEDDALL/METRO

"My next film is going to be one of the best films that have ever been made," he said.

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# Resident has casino doubts

GAMING

## Activist wants to know how project would benefit Rexdale

Gilbert Ngabo
Metro | Toronto

Hibaq Gelle isn't necessarily opposed to a casino project coming to Rexdale. She just wants to know what's in it for her community.

"We need to see exactly how some of those dollars will be reinvested," said the area resident and a Studio Y fellow at MaRS Discovery District.

Council voted last summer in favour of a complete casino at Woodbine Racetrack in North Etobicoke. The narrow vote came after the city had rejected the idea of a gaming expansion in downtown Toronto.

Details are still scant, but one of the city's conditions was for the casino proposal to include construction of an integrated entertainment complex.

Gelle, a community activist, is concerned the project may not take into account the needs of local residents.

Before construction starts in 2018, she wants both the city and the gaming industry to provide a "community benefit agreement" detailing the importance of the project for Rexdale residents.

"There is a lot of poverty here and staggering rates of unemployment," she said, explaining why the community needs to organize in order to get the most economic and social benefits from the casino investment. The city claims as many as 1,400 jobs could be created by the casino expansion, but some worry most of them will be low-paying service jobs.

Hibaq Gelle wants the voice of Rexdale community members to be heard as part of the Woodbine casino project.
CONTRIBUTED

> **We need to see exactly how some of those dollars will be reinvested.**
> Hibaq Gelle

"We want good jobs, good training and good infrastructure to come to Rexdale as part of the project," Gelle said.

MAPPED

# TORONTO'S DEADLY STREETS

Pedestrian traffic fatalities in 2016

**NEW FATALITY**
**Finch Avenue W & Tobermory Drive**

Saturday Feb. 13 — A 72-year-old woman was hit and killed by a driver as she attempted to cross Finch Avenue.

**NEW FATALITY**
**Wedgewood Drive & Tobruk Crescent**

Wednesday Feb. 10 — An 84-year-old man was hit by a driver who jumped the sidewalk on Wedgewood Drive. The victim was taken to hospital and died Feb. 13.

**1 Kennedy Road & Ellesmere Road**
Sunday, Jan. 3 — A 39-year-old man was hit by an SUV and killed while crossing Kennedy Road, south of Ellesmere Road.

**2 Sheppard Avenue East & Chichester Place**
Sunday, Jan. 17 — A 79-year-old man was hit by a crossover SUV and killed while crossing Sheppard Avenue near Chichester Place.

**3 Bayview Avenue & Eglinton Avenue East**
Friday, Jan. 15 — An 85-year-old woman was hit by a crossover SUV while crossing Bayview Avenue at Eglinton. She later died in hospital.

**4 Dufferin Street & Armstrong Avenue**
Saturday, Jan. 30 — A 90-year-old woman was hit by a car and killed while crossing Dufferin Street, south of Armstrong Avenue.

**5 Dundas Street West & Poplar Avenue**
Thursday, Jan 28 — A 49-year-old woman was crossing Dundas Street West when she was hit by a left-turning private bus. She was taken to hospital and succumbed to her injuries on Feb. 2.

TEXT: LUKE SIMCOE/METRO
GRAPHIC: ANDRES PLANA/METRO

UNION PEARSON EXPRESS

# Underutilized train gets busy

Thousands of people crammed into Union Station and spent much of Family Day lining up for a train ride to the airport, even if they had no flight to catch.

Metrolinx, the provincial transit agency that oversees the Union Pearson Express, waived the shuttle's fares during the holiday and NBA all-star weekend to introduce more people to the eight-month-old train service.

The UP Express usually gets between 2,200 and 2,500 riders per day, well short of its first-year goal of 5,000 passengers daily, said Anne Marie Aikins, a Metrolinx spokeswoman.

But ridership increased almost fivefold this weekend. About 10,000 people boarded trains on Saturday, and 13,500 did on Sunday.

On Monday, the queue for the airport shuttle from Union snaked all the way from the east wing of the train station's Great Hall to the UP Express terminus in the SkyWalk. There was a separate, much faster line for people hurrying to catch a plane.

Juliet Mendes, her sister and 12-year-old daughter Samantha came just for fun. They ended up waiting more than two hours before seeing the train platform.

"It's horrible, horrible, horrible," said Mendes.

TORSTAR NEWS SERVICE

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## BUS AND RAIL IN T.O. OPEN-HOUSE TALKING POINTS

**SmartTrack**
The public is being asked to offer opinions on the extension of the Crosstown LRT west of Mount Dennis. Planners are looking at potential station locations.

**Relief line**
City planners are unveiling their preferred route from Pape station down to Queen Street to a potential new hub at Nathan Phillips Square.

**Scarborough subway**
The public can weigh in on the most recent plan to extend the Danforth subway a single stop to the Scarborough City Centre to encourage job growth there.

**Electrified GO service**
The province wants to electrify five of seven GO lines to create all-day, two-way service at 15-minute frequencies in key sections.

**GO/SmartTrack stations**
Provincial agency Metrolinx is looking at a "short list" of 50 station locations as part of its electrified GO expansion.

**Integrated fares**
A zoned or fare-by-distance system are among the options being considered to make it easier to cross municipal borders on transit.

TORSTAR NEWS SERVICE

Toronto's rapid transit network in 15 years, according to city-TTC projections. COURTESY CITY OF TORONTO

# Transit planners want your input

EXPANSION

## Series of public forums begins Tuesday in Scarborough

Toronto's chief planner Jennifer Keesmaat calls it the "motherlode" of transit. She's referring to plans that will add miles of rapid transit to the city and surrounding region in the next 15 years and beyond, connecting communities in ways that have been dreamed about for a generation.

The veil comes off the next phase of expansion at a series of meetings around the city and region starting Tuesday.

It's an unprecedented public consultation incorporating seven provincial and city-led projects — from SmartTrack and electrified GO service to a relief subway along Queen Street. and a 17-stop eastern extension of the Crosstown LRT.

The scope of the meetings reflects the mega-expansion going on in transit in Toronto and the surrounding municipalities, said Keesmaat.

But a new network-based approach to planning is also finally come to the fore. It will transform the way we live and move in the Toronto region, she said.

"Historically the city advances one project at a time, and the thinking is, when that project is built then we'll start planning for the next project," said Keesmaat.

But it was clear that approach wouldn't allow Toronto to catch up on the 20-plus years of no transit investment.

There was a realization, she said, "that to address the backlog in transit infrastructure we need to be advancing a whole series of projects at one time in parallel."

The result is a series of maps that show how the spine of Toronto transit — subways, GO tracks and streetcar rights-of-way — will steadily fill in with new rapid routes including trains, LRTs and busways.

"Because we're taking a network-based approach, it means we want to be aligning all the projects and bringing them together and considering one in relation to the other," said Keesmaat.

The 18 open houses, including seven in Toronto, are meant to inform and invite discussion, said Anne Marie Aikins of Metrolinx, the provincial agency that is jointly hosting the events and splitting the $80,000 related costs.

The first public meeting is Tuesday at Jean Vanier Catholic Secondary School in Scarborough. Other meeting dates through March 22 are on the Metrolinx website and the city's site. TORSTAR NEWS SERVICE

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Ontario

# Get involved in the budget

COMMUNITY

## Participatory model gives people say on key initiatives

Luke Simcoe
Metro | Toronto

Residents in three Toronto wards are about to get a little more say in how the city spends their tax dollars.

City staff are recommending that the participatory budget pilot — which ran in Wards 12, 33 and 35 last year — be extended and expanded for 2016.

The program allowed residents to pitch ideas on how best to spend $150,000 in capital dollars in their wards.

A total of seven projects were voted on by residents and funded, including improved lighting in Rustic Park, a new fitness area in Bellbury Park and bicycle lockers at Don Mills Station.

**Walter Palaroan** works out at the Snider Parkette in the Yonge and Lawrence area.
CONTRIBUTED

Coun. Shelley Carroll has long been a supporter of participatory budgeting, and was impressed by how residents approached the process.

"They really weren't selfish in their voting," she said. "Look at the bike lockers at Don Mills. A heck of a lot of drivers voted for them because they understand that eventually we'll need to get cars off the road by making it easier for people to bike."

The Ward 33 councillor is excited to see staff recommend the program be continued and the budget for each ward be upped to $250,000.

"I think you'll see more creativity if you tell people there's a quarter of a million dollars available. They can think big," she said.

The plan is to continue the pilot until 2018, at which point council will decide whether to make participatory budgeting a permanent fixture in Toronto.

"I think people have felt out of control of this megacity since it was amalgamated," Carroll said. "Participatory budgeting is a way of giving people that power back. They can start to feel like they have some control over what's happening in their neighbourhood."

## Humans of Toronto by K. Omar

"I work towards a future that is stable and financially secure so that whatever my future children want is accessible to them in a reasonable manner.

**Humans of Toronto** is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans_of_Toronto on Instagram.

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WESTMINSTER KENNEL CLUB

# Torontonian gets to pick top dog

Gilbert Ngabo
Metro | Toronto

Deciding who gets to be top dog is no easy task.

When the Westminster Kennel Club dog show comes to a close Tuesday in New York, it will be up to Toronto's Richard Meen to pick a winner.

Meen, a psychiatrist at the University of Toronto, has been selected to judge the best-in-show competition, taking place this year at Madison Square Garden.

The job "is an honour" for Meen, who has attended the annual show for the past 46 years and describes himself as a long-time dog fancier.

"I think it's a very important event in the sports of purebred dogs of North America," he told Metro Monday from the Warwick Hotel in Manhattan.

There are 3,000 dogs in the event, who compete until only seven pooches are left standing — or sitting. That's when Meen takes over and uses his skills to select the top dog.

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# Fun-filled Family Day

Families from across Toronto took advantage of February's holiday Monday for activities around the city's core. From giant snowglobes to record-breaking bake-offs, Toronto had much to offer.

**LIZ BEDDALL** METRO

## 1 Monster cookie

Hundreds of onlookers watched a Guinness World Record broken Monday, as a mosaic of a world map was formed using 13,690 shortbread cookies in the BMO Atrium of Evergreen Brick Works.

LIZ BEDDALL/METRO

## 2 Crafts

Adan Chryer, 4, and Besna Hakqi work on winter crafts during Family Day activities at the Harbourfront Centre, Monday.

LIZ BEDDALL/METRO

## 3 Tennis aced

Claudia Voicu, left, and Logan Siu played winter tennis at the Toronto Cricket Club as part of a grassroots campaign that encourages Canadians across the country to get outside and play tennis.

COURTESY TENNIS CANADA

**Bollywood star Sunny Leone**'s latest film, the sex comedy Mastizaade, was delayed by India's Central Board of Film Certification for six months because of its sexual content.
ASHISH SHARMA/REX FEATURES/TORSTAR NEWS SERVICE

INTERVIEW

# Bollywood star boasts Canadian roots

The most googled person in India hails from Sarnia.

Sunny Leone, a Bollywood movie star, is the best-known Canadian in that nation of almost 1.3 billion.

Leone has topped India's Google searches every year since 2012 — eclipsing even wildly popular Prime Minister Narendra Modi.

A daily fixture on the Bollywood pages of India's thousands of newspapers, she appears in ads for energy drinks, her own line of perfume and condoms — a wink at her early career starring in American porn films.

Leone exudes Canadian modesty when discussing her fame in the world's largest movie industry, which annually releases more than twice as many productions as Hollywood.

"I just see myself as a girl that just wants to work and is happy doing that. I know it all goes hand in hand but for me I'm just following my dream of working in Bollywood," she told Torstar News Service.

Born Karenjit Kaur Vohra in Canada 34 years ago, she has happy memories of her childhood in southwestern Ontario before her family moved to the U.S. when she was a teenager.

"It was great growing up in Sarnia — great place for kids to grow up," said Leone, whose parents have since passed away.

Unapologetically liberal in a country with strict film censorship rules that prohibit nudity from being shown on screen, Leone gained even greater prominence last month after a contentious interview with journalist Bhupendra Chaubey on CNN's Indian network.

In a scolding tone, Chaubey condemned her "past as a porn queen" and suggested she was causing the spread of pornography in India.

Afterward, many in India rallied to her defence, saying no male Bollywood star would have ever been treated so disrespectfully. TORSTAR NEWS SERVICE

# Drug industry wines, dines physicians

HEALTH CARE

## Dinners are opportunities to peddle meds, critics claim

A three-course dinner was served to the doctors assembled to hear the presentation in the restaurant's private dining room.

After the plates were cleared, the speaker, a general practitioner with a specialty in chronic pain, wrapped up his lecture and slide show.

While discussing effective drugs for lower back pain that is moderate but persistent, he zeroed in: The best medication for that is Cymbalta.

Cymbalta is a prescription drug made by Eli Lilly — the company that organized the event, paid for the wine and food, and paid the doctor giving the talk.

A Torstar News Service investigation has found drug companies routinely host and fund these dinners at upscale restaurants as training events for family doctors. These events are called continuing medical education.

There is growing concern among critics that these dinners — which are sanctioned by a national medical organization — encourage doctors to prescribe the sponsoring companies' drugs.

Family doctors are most often responsible for choosing what drugs Canadians are prescribed.

In Ontario, where there have been more than 500 industry-sponsored events in the last two years, physicians are required to attend "continuing medical education" to keep their licence in good standing.

These medical education events are vetted and approved by the College of Family Physicians of Canada.

A task force created by the College acknowledged that the drug industry's interests are "not always aligned with the best interests" of family doctors or their patients.

"There have been instances in which marketing messages have been portrayed as education, and health care and pharmaceutical industries have attempted in this way to influence physicians' behaviour or practices," said the recently released report.

The report did not specifically deal with drug dinners but looked more broadly on the College's relationships with the industry. TORSTAR NEWS SERVICE

## IN BRIEF

**Slain officer mourned**

A Quebec police constable who died in the line of duty has been remembered by friends as a go-to guy who was always ready to lend an ear.

"In my heart, I lost a brother," Simon Villeneuve said of his friend, Thierry Leroux, who was shot Saturday night as he and another officer responded to a domestic call. THE CANADIAN PRESS

**Woman charged with sex offences involving children**

Police say a 36-year-old woman is facing six charges in a sexual assault investigation. OPP say they launched the investigation after allegations of sexual offences involving children in Tweed, Ont.

Police say the alleged incidents occurred from 2013 to 2016 and involved kids aged 12 to 15. THE CANADIAN PRESS


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# Hateful Valentine spurs complaint

EDMONTON

## Man receives homophobic note on the job

A man says he is filing a complaint with police after he received a Valentine at work that was defaced with a homophobic slur.

Degas Sikorski, 20, said the Valentine that he received from a Party City store in Edmonton where he has worked for years said he wasn't getting any shifts "for a reason."

Sikorski said police have given him witness forms to fill out that could lead to the slur being investigated as a hate crime.

"They said it is a hate crime," Sikorski said Monday. "The guy at the police station said, 'Absolutely this is a hate crime. We will absolutely have to look into this.'"

Edmonton police were not available for comment.

A public relations firm that speaks for Party City issued a statement on the weekend that said the company does not condone the behaviour and is committed to creating a fair and inclusive work environment.

Company officials were not available for comment Monday, but have indicated they will release more information when it becomes available.

A Valentine given to Degas Sikorski, shown in a Facebook post by his mother Shelley Bramhoff Sikorski. THE CANADIAN PRESS

Sikorski, who has been working at the party supply store while putting himself through the University of Alberta, said no one should have to face such treatment.

He wants an explanation as well as apologies from the person who wrote the Valentine and from company management, he said.

"The name is Party City, for Pete's sake. It should be about a friendly and welcoming atmosphere."

Sikorski said he is still not on the company's work schedule and isn't sure he wants to go back.

Support from family, friends, strangers and community leaders has helped him speak out about what happened, he said.

"It is terrifying being seen in the public eye like this and for something as horrible as this hate speech." THE CANADIAN PRESS

> **It is terrifying being seen in the public eye like this and for something as horrible as this hate speech.** Degas Sikorski

Paratroopers set up a preliminary camp with light gear. BRAEDEN JONES/METRO

# Troops head north to train

"It's going to be a pretty steep descent, just so you're aware."

The pilot of the C-17 Globemaster taking 120 Canadian reservists into Resolute Bay to spend a week training in the high Arctic is more candid than the average commercial pilot — but his passengers are used to that kind of directness.

They're part of a larger contingent of Canadian Forces members training around the North between early February and early March. More specifically, they belong to the Arctic Response Company Group (ARCG).

The 120 who landed at the Arctic Training Centre Saturday are relieving Princess Patricia's Canadian Light Infantry (PPCLI) members from Edmonton, who parachuted into the area on Friday, in the joint training exercise Arctic Ram 2016.

Most had never been as high as Resolute Bay, close to latitude 75 degrees. It's about 2,400 kilometres from Winnipeg, still in the central time zone, but basically straight north.

The community of Resolute is the most populated northern settlement in the Canadian Arctic.

But the reservists stayed at the Arctic Training Centre northwest of that hamlet on Saturday night. They'll spend subsequent evenings in tents pitched out on sea ice, braving the harsh Arctic climate, where the bulk of their training exercise will be staged.

The mock scenario this week has the ARCG responding to a "downed satellite," with the objective of locating its parts.

The PPCLI paratroopers responded first on Friday, setting up a preliminary camp.

After spending most of Saturday evening repairing snowmobiles and specialized "Komatik" sleds, ARCG deployed Sunday by land and sea ice.

Maj. James Meredith, the officer in command, said the training is "invaluable."

Meredith explained it's a demonstration of the force's ability to "stretch out from a base in Winnipeg" with numbers, and "(fire) out another 150 to 200 kilometres" from there during the mission.

During Exercise Arctic Ram 2016, Metro will be reporting on aspects of the Canadian Arctic, the community of Resolute and the military's presence and training in the area.

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# Top court vacancy ups election stakes

U.S. SUPREME COURT

## Justice's death makes seat an issue in race to White House

The unexpected death of Supreme Court Justice Antonin Scalia, and the immediate declaration from Republicans that the next president should nominate his replacement, adds even more weight to the decision voters will make in November's general election.

Candidates in both parties moved quickly to reframe the election as a referendum on the nine-member high court's future.

Texas Sen. Ted Cruz released a new television advertisement Monday warning voters that conservatives are "just one Supreme Court justice away" from losing on issues including "life, marriage, religious liberty, the Second Amendment." The spot also suggests Republican front-runner Donald Trump would nominate more liberal justices and includes clips of the real estate mogul saying he's "very pro-choice."

Democrat Hillary Clinton painted a similarly stark scenario, stating the court's make-up is crucial to preserving abortion rights and the legality of gay marriage nationwide.

The court now is divided between four liberal and four typically conservative justices.

Obama pledged to nominate a replacement in "due time," even after Senate Majority Leader Mitch McConnell said that responsibility should fall to the winner of the 2016 election.

With three other justices over the age of 75, the next president could have other vacancies during his or her tenure, even if Obama fills Scalia's seat. THE ASSOCIATED PRESS

Members of People for the American Way gathered at **the U.S. Supreme Court in Washington** on Monday to call on Congress to consider any nomination by President Barack Obama to fill the seat of Justice Antonin Scalia. CAROLYN KASTER/THE ASSOCIATED PRESS

HEALTH

## Cancer 'moonshot' not enough: Expert

Days after launching his $1-billion US cancer "moonshot" last month, U.S. Vice-President Joe Biden was already grounding his space metaphor.

Biden first used the lofty analogy in October, several months after his son's death from brain cancer. It was deployed again in January, when U.S. President Barack Obama tasked Biden with leading the "cancer moonshot task force."

At the Abramson Cancer Center in Philadelphia, where Biden kicked off his bid to "end cancer" on Jan. 15, he backed away from the metaphor.

"The first thing he said was, 'You know, the choice of the word "moonshot" may have been an unfortunate one,'" said Dr. Chi Van Dang, the centre's director. "It implies something too simple; that we can just assemble the engineers and the astronauts, make the rocket, and we'll get to the moon and back," Dang recalls Biden saying.

Critics seized upon the flaws in Biden's pledge, particularly its price tag — not enough money to bring a single drug to market.

With the looming election, Biden's days in the West Wing are numbered, with no guarantee it will be approved by Congress.

But cancer research advocates believe Biden is in this fight for the long haul — the $1 billion isn't a moonshot, but a "down payment." TORSTAR NEWS SERVICE

### IN BRIEF

**Odin-inspired vigilantes operating in Norway: Police**

Norwegian police say a vigilante group calling itself the Soldiers of Odin has appeared in the country amid an influx of migrants that the group perceives as a threat. THE ASSOCIATED PRESS

**Russia implicated in strikes targeting hospitals, school**

Airstrikes blamed on Russia hit two hospitals and a school in northern Syria on Monday. The strikes have killed and wounded dozens of civilians. THE ASSOCIATED PRESS

# Detox Your Body - Every Day

If you are feeling exhausted and in need of revitalization, you should consider a detox or cleanse. With Active Liver™ you have the tool to do this gently and on a daily basis.

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## UNJUNKING YOUR BODY

A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and involves days or even weeks of feeling tired and sick. However, there are other ways.

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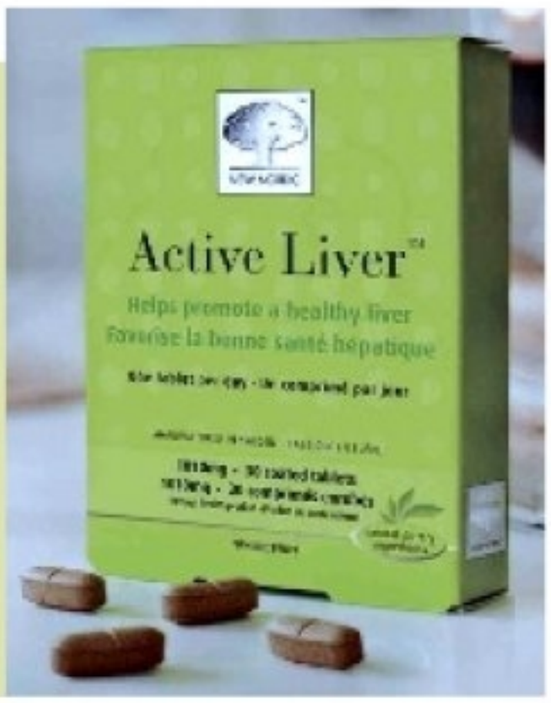
The liver is an important fat burning organ. If the liver is sluggish or clogged with waste material it will be less able to work, and fat will start to build up, under the skin, as belly fat and even inside the internal organs (as in a fatty liver). Making sure your liver is working well will help you flush fats from the body.

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**LOBSTERS U.S. FISHERMEN KEEP MORE OF THEIR CATCH** America's lobster industry is sending less of its catch to Canada's Maritime provinces, where some two dozen companies process millions of pounds of lobster meat every year, as processing grows in New England. U.S. lobster fishermen exported about 69 million pounds of lobster to Canada in 2014. The 2015 figure was less than 67 million, U.S. data show. THE ASSOCIATED PRESS FILE

# Millennials cool to older brands

MARKETING

## Younger crowd prefer social media, tech labels: Survey

Millennials may appreciate vintage, but not when it comes to brands.

Old-stock companies aren't winning the favour of the "Netflix and chill" generation, according to an Ipsos-Institute of Communication Agencies survey of the most influential brands in Canada in 2015. They studied more than 100 brands that spent the most on advertising last year.

The demographic born between 1982 and 1996 was more likely to prefer technology and social-media brands such as PayPal and Instagram than more deep-rooted companies such as Walmart, Canadian Tire and the CBC, the survey suggests.

In the last two years, Netflix was one of Ipsos' "brands on fire," said Steve Levy, the research firm's chief operating officer. "It was never in the top 10, but it was a brand that moved up really quickly." Netflix came in fifth among millennials last year, and 22nd among Generation X.

"It's somewhat surprising how much divergence exists between the generations," Levy said.

Millennials were also much less likely than their parents or grandparents to hold Canadian Tire in high esteem. The company founded in 1922 by the Billes brothers in Toronto was the seventh-most influential among boomers, but a distant 51st among millennials.

Canadian Tire's own data shows it has "seen steady improvements over the last number of quarters among millennials and young active families," company spokeswoman Stephanie Nadalin said.

Despite its efforts, the CBC is another brand that doesn't appear to have caught on with the younger crowd, according to the survey. Boomers rated the national broadcaster fourth among the most influential, while millennials placed it 28th.

Across all age groups, Google was the most influential brand for the second year in a row, according to the Ipsos-Institute of Communication Agencies survey. Fellow tech giants Apple, Microsoft, Facebook and YouTube rounded out the top five.

Google also came in second behind Apple in another recent study, the Top 100 Global Brands by the multinational marketing research firm Millward Brown.

TORSTAR NEWS SERVICE

> (Netflix) was never in the top 10, but it was a brand that moved up really quickly. Steve Levy

HOUSING

# New mortgage rules kick in

Canadians looking to buy homes between $500,000 and $1 million will have to put down larger down payments as new federal rules took effect Monday.

Homebuyers must now put at least 10 per cent down on the portion of a home that costs more than $500,000.

Buyers can still put down five per cent on the first $500,000 of a home purchase. Homes that cost more than $1 million still require a 20 per cent down payment.

Phil Soper, president and CEO of Royal LePage, says the new rules aim to slow the breakneck pace of price growth in the red-hot markets of Toronto and Vancouver without affecting markets that are lagging, such as those in oil-dependent provinces.

"The problem with monetary policy is that it impacts the struggling Calgary market or the just-fine Winnipeg market and the overheated Vancouver market in equal amounts," Soper said.

THE CANADIAN PRESS

metro VIEWS

Your essential daily news

Tuesday, February 16, 2016

**Eerie discovery**
3D-printed tissues scientists implanted in animals developed a blood supply and an internal structure that looked like the real thing.

Metro POLL

# Internship injustice?

**Visit** metronews.ca **to have your say.**

**One person's slave labour; another's sensational opportunity.** Are unpaid internships experience or exploitation? The advocacy group representing Canadian interns has withdrawn from the federal government's consultations on how to improve protections for young workers because proposed changes to the Canada Labour Code would permit unpaid internships in federally regulated sectors. That is, as long as they last no longer than four months, primarily benefit the intern and don't replace a paid position. We asked our readers what they believe about the value of unpaid work.

**1 Is it ever okay not to pay interns?**

**2 What's your experience with internships?**

**29%** I've never been an intern
**22%** I've been an unpaid intern and it was terrible
**17%** A friend or family member has been an unpaid intern
**15%** I've been a paid intern
**11%** I've been an unpaid intern and it was great
**6%** Other

**3 If you're against unpaid internships, what are your reasons?**

**17%** They're adding to student debt
**15%** They don't actually lead to jobs
**14%** Only rich kids can get job experience
**14%** Employees will be replaced with unpaid interns
**13%** They do not provide adequate job protections
**12%** They increase inequality or drive down wages
**9%** They're just plain wrong
**2%** I'm not against unpaid internships
**4%** Other

**I've been an unpaid intern and it was great — though I was only able to because I had money saved.**

**I'm a human being. Not a car that you can test drive!**

**Internships are expected of older workers doing job changes, not just for kids.**

**It poses a problem for students who already work part-time.**

**WE ASKED** Metro readers

# An overlooked, obvious cyberbullying remedy

**Emma Teitel**

This month in cyberbullying news: Oak Bay High School in British Columbia suspended its basketball team after a player posted a "highly inappropriate" photo of a teammate online. The photo was shared widely on social media, where, of course, the teammate pictured was ridiculed en masse.

The school's administration forced the team to forfeit its stellar season, a decision many students not directly involved in the incident strongly opposed — but a decision that is in every way wholly just.

Cyberbullying isn't an isolated episode, nor is it carried out by a single person acting alone — it's a cultural cancer.

Like sexual assault, it's an endemic problem in which very often, people who know one another hurt one another in unduly harsh and long-lasting ways — in full view of their social circles. Luckily, the powers that be, namely government and celebrity, have begun to take notice, and more importantly, take action.

The federal government announced plans last week to fight cyberbullying by looking into anti-bullying tools online: programs that enable students to monitor hateful language and flag inappropriate social media posts.

Similarly, self-styled anti-bullying activist Monica Lewinsky unveiled her own line of heart-shaped "#BeStrong" emojis, a tool she is encouraging young people use when they face adversity online.

Though undeniably well meaning, there is something important missing from most anti-bullying initiatives. That is a crucial piece of mental health advice: Take a break. Unplug. Do something else.

Kids cannot avoid the Internet. It's how they do their homework and socialize. But breaks are good for the body and soul. The most valuable piece of advice I received from my dad amid my own first cyberbullying incident on MSN Messenger was: "Maybe you should turn that thing off for a few hours." I did, and suddenly my pain felt a bit less acute.

But abstinence is only a temporary salve. What kids need — what we all need — is self-esteem. This is why school conferences such as Power of Being a Girl should be as widely available to youth as celebrity-endorsed emojis.

The conference, organized by YWCA Niagara, brought almost 200 adolescent girls together for special workshops and art therapy. It was, according to Andrea Bozza, Mental Health Lead at Niagara Catholic District School Board, to "promote self-esteem, self-image and the importance of accepting who you are."

"What was really neat," says Bozza, "is while the speaker was talking, girls were doodling and we noticed … they were writing things like, 'Love the skin you're in,' and 'Proud to be an independent woman.' They weren't prompted to write these things."

This may appear corny or obvious, but when you're in high school it isn't. Everybody needs a little screen-free self-help, and the demographic least likely to get it — teenagers — needs it most.

In the fight against cyberbullying, apps and emojis aren't a bad idea. But perhaps building self-esteem away from the technology that depletes it is a better one.

**Emma Teitel** is a national columnist for the Toronto Star.

metroview

# Padlock your phone: The only reliable way to unplug in 2016

**Matt LaForge**
Metro | Toronto

I had yesterday off work. So did many of you. It was great, right?

The February holiday might be the best one. It sneaks up out of nowhere and always feels like a snow day. Accordingly, the day's leisure tends to be improvisational: Watch six movies, order Chinese food, play on your phone from noon until midnight, if you want to.

There's a group out of Alberta that would prefer you not do that last one. The Family and Community Support Services Association of Alberta is behind an effort to make the holiday four provinces call Family Day a devices-switched-off day: "Family Day Unplugged."

You've heard of this kind of initiative before, and, as is typical, the PR around "Family Day Unplugged" is couched in language that, while a bit too willing to imply any parent who answers a text when a kid is in the room is cruising for "Cats in the Cradle"-grade spiritual comeuppance, succeeds in getting the point across. No, we don't yet live in an anomic tech-dystopia but, yes, we do screw around on our phones too much.

In principle, then, it's worthwhile. We could stand to be healthier and less self-involved, so why not submit, via the honour system, to some symbolic remediation?

Because the honour system won't cut it. I've seen first-hand what it takes to induce a large group to go phoneless, as opposed to merely promising they'll do so. It's major.

Last Friday I went to see Dave Chappelle in Toronto. The day before the show, the ticket vendor sent an email: "We strongly recommend leaving your devices at home or in your car." And if I don't?

If I don't, I soon found out, I, along with all 1,000 fellow ticket-holders, will be forced to surrender my phone to security personnel, who will enclose it in a grey neoprene sock with a locking top. They'll keep the key, but I'll get to carry around the prophylactic pouch. At least I can hold a phone-sized thing. And I get to watch the couple seated beside me periodically pull out their soft-shell device coffins and thumb at the locks in a not exactly longing, but not exactly casual manner.

Only such a beloved and rarely seen comic as Chappelle could get away with this. But it worked. His material is still as strong today as it was in 2003, and only those of us who saw it in the moment can say so.

Barring a pocket notebook, the only way to preserve the jokes was to rush out to the phone-check table as soon as the set was over, unlock the sock and frantically write down as much as possible. It felt like an instructive return to an older way of life.

If we really want to disconnect to connect, we don't need a day of unplugging; we need a day of repossession.

**Matt LaForge** is the managing editor of views and features at Metro.

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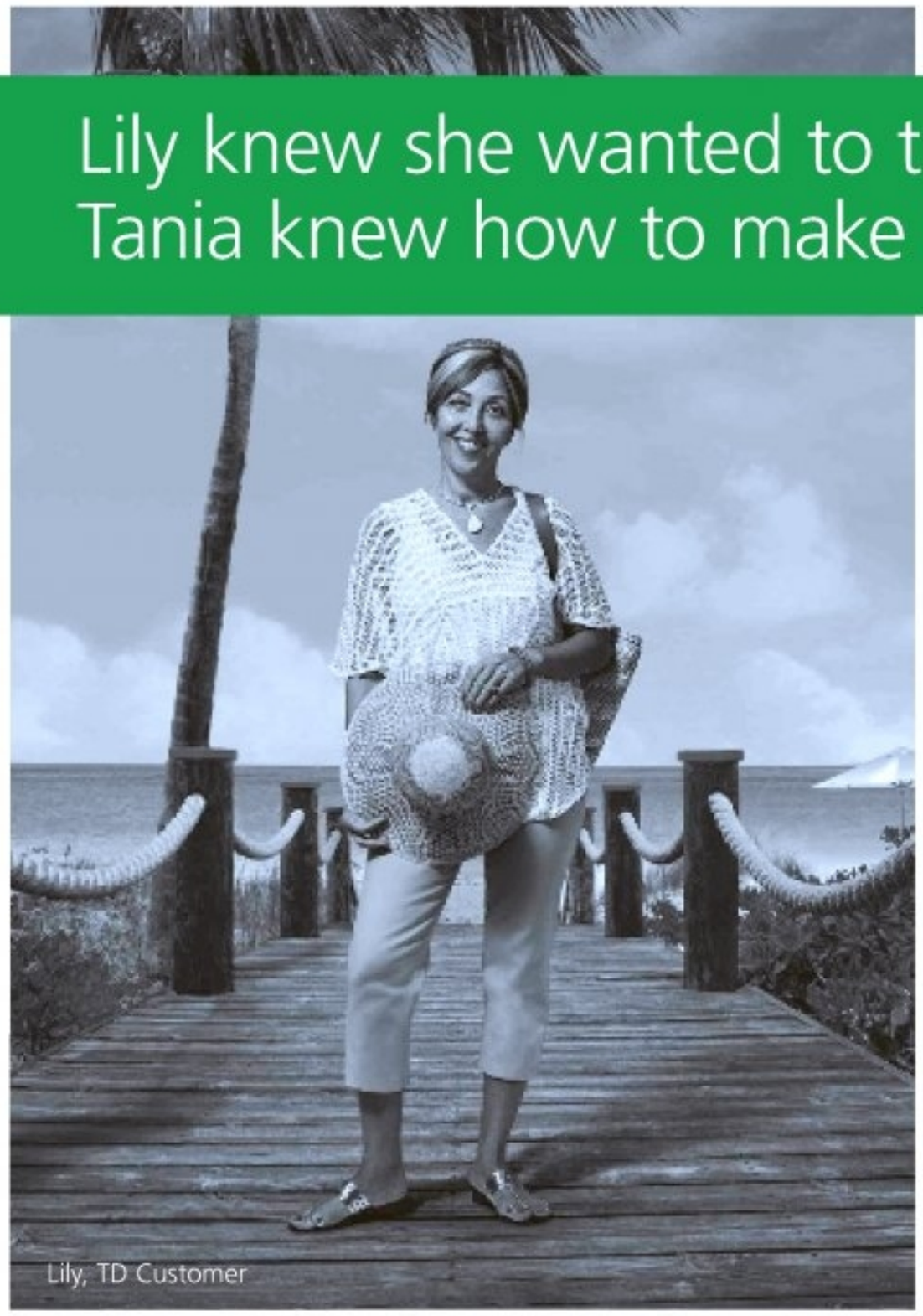

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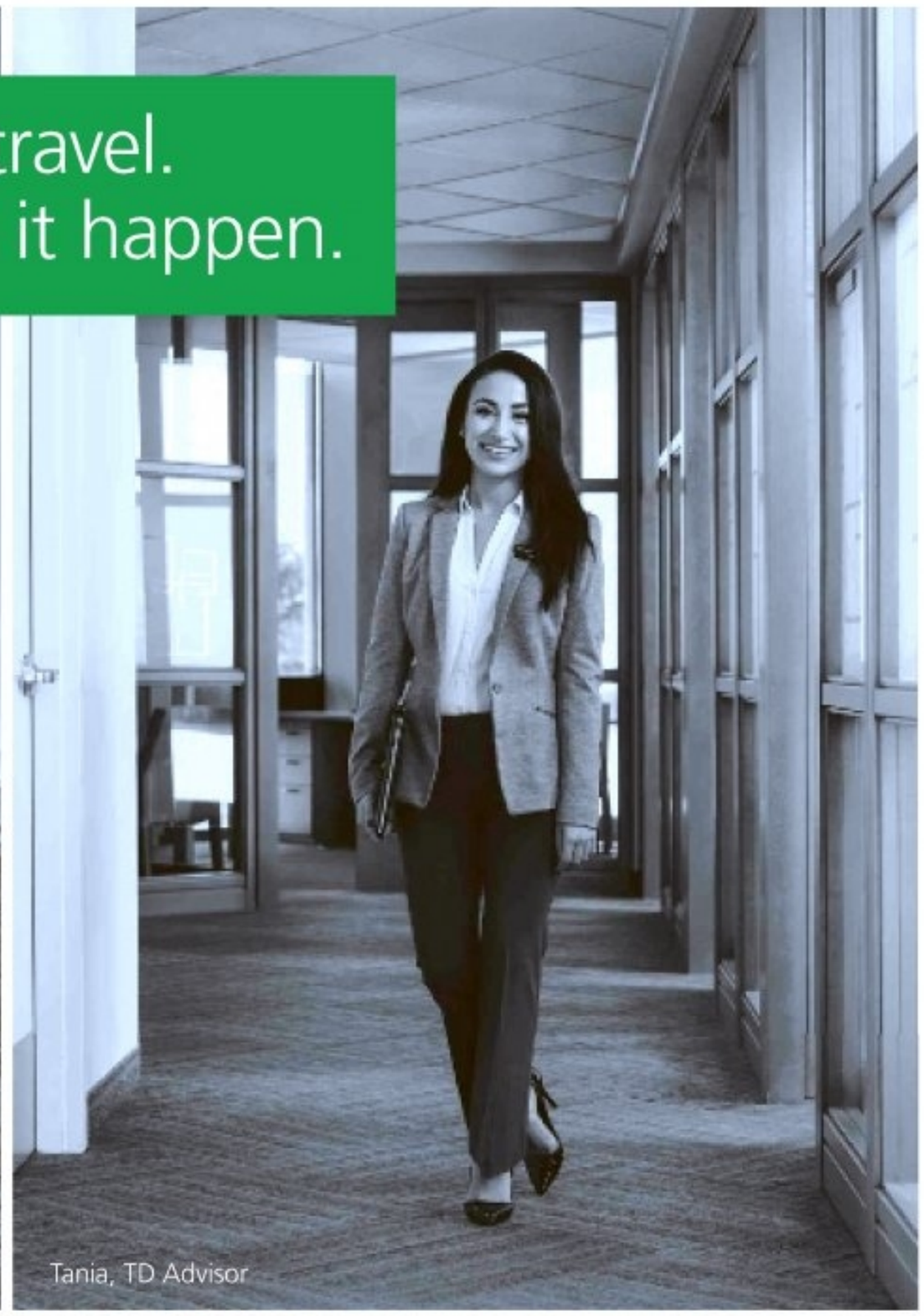

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# Is your group RSP enough?

NEST EGG

## Supplementary savings help ensure healthy retirement fund

**Michelle Williams**

If you're one of the fortunate Canadians to have a group RSP or a pension plan through your job, you may think your retirement is covered. Not so fast, say the experts. While such savings are a great start, you may need something extra if you want a healthy retirement nest egg.

**Get the most out of your group RSP by educating yourself and staying on top of all your investments.** ISTOCK

### Then and now

A generation ago, employers set up pension plans that both the company and its employees paid into. "There was no opportunity for employees to have any say in how the money was invested, and it was expected that this would be their retirement income," says David O'Leary, managing partner at Eden Valley Partners in Toronto. "The onus was on the employer to invest responsibly to ensure the promised rate of return — all the risk was with the employer."

These types of "defined benefit" pensions still exist, but more and more employers are opting for "defined contribution" pensions or group RSPs, where the employee is accountable for investment choices. The way the group plan is structured and administered varies widely from company to company, but typically, employees have a limited set of investment options and get a few guidelines for making their choice.

"The way your employer structures the plan, your own knowledge and commitment to the plan and to your savings, and inconsistencies in rate of return on investment are just a few of the reasons you probably need to save outside your group plan," explains O'Leary.

### A single portfolio

"It's a good idea to have a plan outside of work," agrees Dan Hallett, vice-president and principal at HighView Financial Group, "but you should look at it as one integrated portfolio. It's the best and most holistic way to manage your savings. Start with your group plan and supplement based on what you need for your retirement."

What's the best way to maximize your group RSP investment?

"Most people don't know much about their company's plan," says O'Leary. "They don't know their options, and even if they sign up for the plan, an alarming number of people don't ever sign up and set up a profile on the plan's website. If you don't take action, often the company defaults you to their choice of investments. It's important to stay on top of this investment, just like you would any other."

Why not just skip your group plan and do your own investing?

"It's not uncommon for companies to match an employee's contribution by as much as 50 to 100 per cent, up to a certain percentage of an employee's salary (usually four per cent," says Hallett. "That's free money for the investor." Even if the pension provider's list of investments is too narrow for your liking, "take it and pick the best investment choices available and make the most of the money being offered by your employer."

### WISE INVESTING

- Write up your retirement goals so you know why you're investing and how much you'll need.
- Consult a financial advisor to work out a plan to match your retirement goals.
- Research your company's group RSP or pension plan to maximize your investments.
- Review your group RSP annually and make changes as needed to keep the mix in line with your goals.

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Your essential daily news

Award season beauty trend alert: red lips on the red carpet

ALL PHOTOS GETTY IMAGES/THE ASSOCIATED PRESS

# Bieber gets first Grammy

It was a night of career firsts for Canadian artists at the Grammy Awards.

Both Justin Bieber and the Weeknd walked away as early winners in a pre-telecast ceremony leading up to the main show on Monday.

Bieber (pictured right with his little brother Jaxon) took home a best dance recording honour as part of a collaboration with Skrillex and Diplo on the song Where Are Ü Now.

The Weeknd, a.k.a. Abel Tesfaye, nabbed two golden gramophones before the televised show.

He took home one for best urban contemporary album for Beauty Behind the Madness and another for best R&B performance for Earned It from the original soundtrack for the film Fifty Shades Of Grey.

Toronto hip-hop darling Drake lost all five awards he was nominated for, including best rap performance for Back to Back and best rap album for If You're Reading This It's Too Late.

THE CANADIAN PRESS

+ FULL AWARDS COVERAGE AT metronews.ca

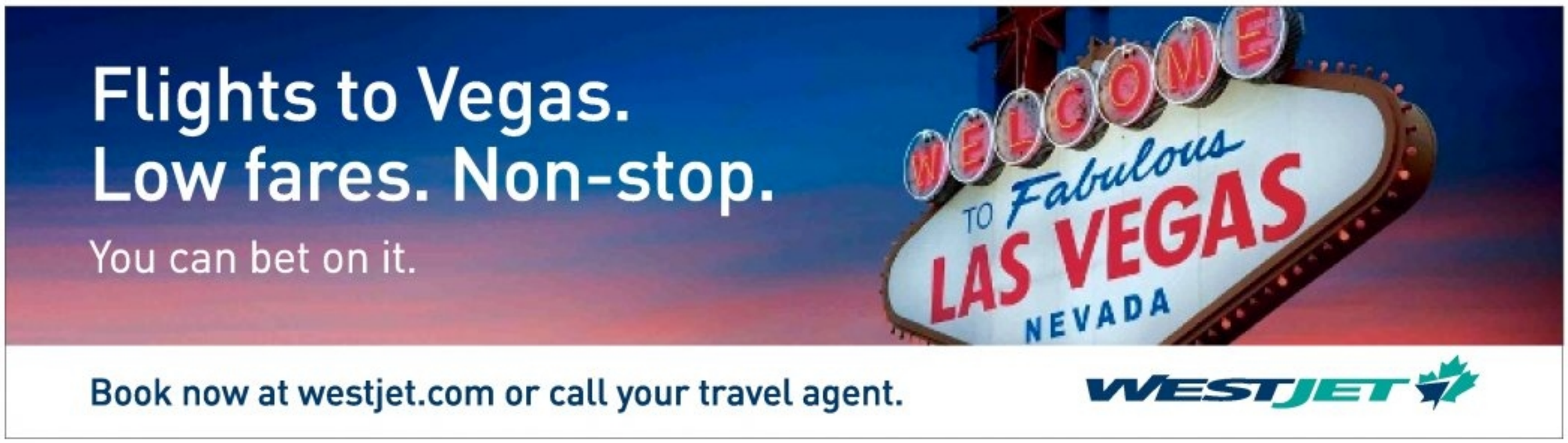
**1 Taylor Swift** — Wearing a a glittery jumpsuit with sheer mesh panels on each side, Swift kicked off the Grammy Awards with performance of her latest hit single, Out of the Woods.

**2 Kendrick Lamar** — A big night for the rapper who won four awards in the pre-televised part of the show and, once the CBS cameras started rolling, To Pimp a Butterfly won another, for best rap album.

**3 The Weeknd** — R&B sensation Abel Tesfaye performed I Can't Feel My Face and In The Night. Adele was quick to jump to her feet with an ovation, clearly thinking he earned it.

**4 Ed Sheeran** — The crooner accepts the award for best pop solo performance for his hit song Thinking Out Loud, which also won song of the year.

**5 Best boudoir looks** — From left: Singers who stunned on the red carpet were Tove Lo in a sheer lace By Malene Birger number, Faith Evans in a custom dress by Stello and Ellie Goulding in a blush-pink Stella McCartney.



JOHANNA SCHNELLER WHAT I'M WATCHING

# With Outlander you get smart and sexy

**THE SHOW:** Outlander Season 1, Episode 3 (Shomi)
**THE MOMENT:** The Wound

Outlander is pure middle-aged-lady romance fantasy.

Claire (Caitriona Balfe), an English nurse in 1945, magically has traveled back in time to 1743. She's being held prisoner in a Scottish castle, but makes herself useful as a healer. The dashing Highlander, Jamie (Sam Heughan), who sustained a neck wound protecting her, just escorted her to her cozy dungeon-cave.

"Let me have a look at that," Claire says, eyeing Jamie's manly clavicle. Bosom heaving ever so slightly, she unties his scarf. Slowly, she unbuttons his shirt. Gently, she pushes the curls off his nape.

He looks at her. She looks away. She looks at him. He looks away. She touches his neck. He sucks in a breath.

"It's scabbed over nicely," she purrs. "There's no drainage." Their eyes lock. The firelight flickers. Is it steamy in here or what?

Oh, how I love British foreplay. Who else could write a seduction scene that includes the word "drainage?" I mean, "scabbed over nicely" — that is smokin' pillow talk.

Outlander, which is based on a popular novel series, is pure middle-aged-lady romance-fantasy fare, all flapping kilts and flushed faces, thudding hooves and "Aye, lassies." Heughan is a hunk-a-hunk of burning love, who's forever saying things like, "Should I throw ye over my shoulder and carry ye?" (Yes, please.)

But because the series is half British, we also get proper history lessons about such knee-weakening topics as wool-making, taxation by feudal lairds and the Jacobite rebellions. Outlander will melt your panties, mistress, but it will leave you feeling edified in the morning.

*Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.*

## EXHIBIT NEWS

**Vivian Maier collection comes to Toronto in June**

It's like an unforgettable episode of reality TV show Storage Wars: a treasure trove of negatives left in a storage locker and auctioned off, leading to the discovery of a brilliant talent. It's the true story of Chicago street photographer Vivian Maier, whose work comes to Toronto in Meaning Without Context, an exhibition at the Stephen Bulger Gallery that runs June 25 to September 10. Maier died in 2009 at 83, after decades as a nanny in Chicago. A few images posted online went viral, launching a posthumous phenomenon captured in the 2013 documentary Finding Vivian Maier. TORSTAR NEWS SERVICE

Vivian Maier. CONTRIBUTED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# Wearing her feminism on her sleeve

GIRLS

## Lena Dunham uses success to spread her message

Lena Dunham has been called a bellwether of modern feminism for the issues she addresses on her TV series Girls; it's a platform she's happy to occupy.

"If you have a strong desire to change something in the world, and you're lucky enough to have an audience to listen to you, then it only makes sense to use it," the 29-year-old said in an interview.

"Some say actors should maintain an air of mystery and not talk about that stuff, but that's never been my persona. It's always been correct for me that I would find a way to talk about my beliefs, hopefully without it overriding the content of the show, but still being really clear about what I think."

And what Dunham thinks is that it's about time feminist issues get aired in society at large.

"It was really great how much dialogue there was about women and women's representation last year, whether it was the Maureen Dowd New York Times article about the sexism that pervades Hollywood or whether it was women coming forward to talk about their experiences, like producer Shonda Rhimes, in a less fearful way.

"There were also some great entertainment releases: in the same month as the Sisters premiere with Tina (Fey) and Amy (Poehler) there was Joy with Jennifer Lawrence, about a strong female character, and Trainwreck with Amy Schumer and directed by my Girls co-showrunner, Judd Apatow, which did really well at the box office. All of that was important."

And then there's the Lenny Letter, which Dunham is proud to have launched with writing partner Jenni Konner.

"The fact we've been able to start some real conversations, whether it was Jennifer Lawrence's wage equality piece or Ellen Pao talking about sex issues in Silicon Valley, or whether to talk about the lack of attention paid to women's health: that for us was huge.

"And then with Jen's piece on wage equality, to see people take that and apply it to their own lives, that was super profound and meaningful."

**I'm more able to ask for what I want; talk to actors in a strong but loving way.**
Lena Dunham, on her new confidence on set

**Girls creator Lena Dunham says it's about time feminist issues get aired at large.** CONTRIBUTED

Girls returns for its next-to-last season Feb. 21 at 10 p.m. on HBO.

Dunham created, stars in and now executive produces the series along with Konner and comedy juggernaut Apatow.

This season, Dunham hopes the show "continues to be honest and allows women to learn more about themselves and other women."

Specifically it will deal with marriage, online dating — which Dunham describes as a "big part of the zeitgeist right now" — and romance in all its hues and shades.

"What's been important to us is to do romance in a complicated way," says Dunham, "Because in real life it is, and also to show that happiness can come from more than that."

Apatow says Girls has been seen as groundbreaking in its treatment of sexuality because "Lena's had the courage to portray it. And most of this terrain is now wide open. I have a daughter who's 18 and she's now thinking, 'Oh, I could be like Lena, I could write and direct.'"

Thoughtful, self-assured and witty in person, Dunham acknowledges her own growth on set. Before Girls, she had directed two-low budget feature films and a web series.

"I've now directed 17 episodes of a very different set. So I come at it from a place of new confidence.

"I'm more able to ask for what I want; talk to actors in a strong but loving way. I'm more confident working with the materials, with the camera and blocking."

With Girls set to wrap with its sixth and final season in 2017, fans are wondering where its characters will end up.

"Without giving anything away, what's really important is that we end in a way that's honest," Dunham says.

TORSTAR NEWS SERVICE

No purchase necessary. One entry per person per day. Contest open to residents of the cities of Vancouver, BC, Calgary and Edmonton, AB, Winnipeg, MB, and Ottawa and Toronto, ON and Halifax, NS who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty (30) prizes are available to be won in each market, consisting of two (2) passes to a screening of Gods of Egypt on February 25, 2016. Approximate retail value of each prize is $25.00 CDN. Each accepted entry must correctly answer unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on February 15, 2016 and closes at 11:59 pm ET on February 22, 2016. To enter and for complete contest rules + all prizes visit www.metronews.ca/contests.

# GIRLS SEASON 5 WISHES AND PREDICTIONS FOR HANNAH AND CO.

The season debuts with Wedding Day, as Marnie prepares to run down that aisle. Here's what we'd love to see happen to Hannah and her friends this season TORSTAR NEWS SERVICE

## 1 Marnie

If we had a sharp object we'd pop the overinflated bubble the singer has been living in and have her re-evaluate some of the terrible decisions she's made about men. We picture her going through with this wedding in the most Marnie way possible: making the entire day about her and forcing her friends to do things they don't want to. The marriage will quickly go downhill, but this A-type won't let it slip away without a battle.

## 2 Jessa

As her friends' hectic lives continue to blossom this free spirit will realize hers isn't going anywhere in particular and lean even more on Adam for support. It won't take long for that support to transform into something more, but both will be cautious at first because of Hannah. Given the selfish nature of all the characters we can't see that stopping them for long, but hey, maybe there has been some personal growth since we first met these girls in 2012.

## 3 Hannah

Stability has never looked good on the writer. Just as she begins to settle into her new relationship she'll self-sabotage it somehow. Seeing her friends move on won't help matters. We'd love to see Hannah step up and start writing some actual pages while focusing less on the boys, which would theoretically bring her one step closer to realizing her writing dreams.

## 4 Shoshanna

A new culture, group of friends and career should all lead the ambitious character to finally find some fulfilment, adventure and potential romance across the ocean. Of course, she'll miss her friends and family, or an unforeseen work situation will eventually send her home.

# Find the coverage that works for you

When choosing life insurance, take a close look at the lifetime cost of both term and permanent policies before making your decision. ISTOCK

SMART POLICY

## Permanent or term, pick insurance that suits your life

Gail Vaz-Oxlade
For Metro Canada

You buy insurance in case your house burns down and to protect your stuff, right? And you buy insurance for your car, right? Isn't your income at least as important as your stuff?

There is no specific amount of life insurance that's right for everyone. Fact is the only kind of insurance you should buy is the kind that works best for YOU. So you need to think about a bunch of things like:

- Your family's existing assets and income
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- The costs associated with your death
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- Any additional expenses like special medical costs, a new car or post-secondary education for the kids, and
- How long you want to keep the coverage in place.

Term insurance provides protection for a predetermined period of time (5, 10, or 20 years) or until a certain age. When the term of the contract expires your coverage ends unless you renew the term. Each time the term is renewed, the premium goes up.

Think of term insurance as an expense, like rent. While it will give you comfort and peace of mind, it accumulates no residual value. If you want coverage to last your lifetime or want to use insurance to build assets, term insurance isn't the right choice.

Term insurance is cheaper than permanent insurance, but that's because the statistics are in favour of the insurance company with term insurance. With permanent insurance the company is going to have to pay out, it's only a matter of when.

Permanent insurance stays in place until you croak. The premium is generally the same for the life of the policy, so the annual cost can be low if you buy it when you're young. If term insurance is rent, then permanent insurance is a mortgage payment: in the early years there isn't a lot of asset accumulation, but over the long term the pot will grow.

When trying to decide what to buy, the best place to start is with the amount of coverage you need. The bigger the policy the more expensive the premium, so sometimes term is all you can afford.

Next, look at is how long you'll need the coverage. Some of your needs may be short-term. Declining term insurance is often the most cost-effective way to cover a mortgage. On the other hand, your funeral expenses and the tax hit on your estate is permanent. Ditto the need to provide for a dependent beneficiary.

Since the premium on your permanent insurance will remain the same, while the premium on term insurance will rise each time the policy is renewed, the cost of term insurance will appear far less expensive in the early years of a policy. You'll have to compare the lifetime cost of both types of policies and then make your decision.

For more money advice, visit Gail's website at gailvazoxlade.com

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- Your name and daytime telephone number
- Specify hospital, ward, health care location, department or organization where the care or association with the nurse took place
- Approximate dates of care provided or date of association with the nurse
- Your relationship to the nurse (i.e. patient, family member of patient, friend of patient, former student or colleague).

Provide a personal account, in 250-500 words, explaining why this nurse deserves to be recognized with the Nightingale Award. This may include a brief description of his or her qualities, care of patient, specific examples of the nurse's efforts and dedication, and the difference he or she has made to your life or the lives of others.
NOTE: Your account must have taken place between January 1, 2015 and February 29, 2016. Nominee must be registered with the College of Nurses of Ontario. Nurses may not be nominated by a member of their family.

**Send your nomination to:** Nightingale Award Nomination, One Yonge Street, 5th Floor, Toronto, ON M5E 1E6. Or online at: **thestar.com/nightingale**

**Deadline for nominations: March 16, 2016**

# A yoga move for the runners out there

YuMee Chung demonstrates the Newton's Cradle pose. This hip strengthener helps to improve pelvic stability by targeting the gluteus medius. TORSTAR NEWS SERVICE

NEWTON'S CRADLE

## Pose to strengthen the primary abductor of the hip

YuMee Chung
For Metro Canada

Attention runners: If you've been hobbled by low back, hip and knee pain, before you decide to hang up your favourite sneakers for good, why not try waking up the often-underused muscles of the outer hip with an exercise called Newton's Cradle?

This hip strengthener targets gluteus medius, the primary abductor of the hip, to improve pelvic stability and get you back in motion.

### Newton's Cradle

**1.** Begin in a standing forward bend with the backs of the legs against a wall. Feet should be hip-width apart and hands shoulder distance apart. If the hands do not comfortably reach the ground with your legs straight, place them on yoga blocks or two equal stacks of books. Align hips directly over feet and shoulders over hands. Lengthen the spine and send the gaze forward.

**2.** Inhale while lifting the right leg out to the right side. Move slowly and deliberately and avoid using momentum to lift the leg. Do your best to stay joint-stacked over your standing leg rather than leaning the body off to the left side.

**3.** Exhale while lowering the right leg to its starting position on the ground.

**4.** Repeat the process on the other side: inhale while lifting the left leg out to the left side and exhale while lowering the left leg to its starting position on the ground.

**5.** Continue to move with breath, alternately lifting and lowering your legs. You'll look a little like one of those mesmerizing executive desktop toys based on the Newton's Cradle. Complete five rounds.

### Use your eagle eyes to spot weak hips

Weakness in gluteus medius can cause the pelvis to sag while walking, running, climbing stairs or any other activity that involves lifting one leg away from the ground at a time. The telltale sign of weak outer hip muscles is the hips dip towards the lifted-leg-side when walking or running. The Trendelenburg gait is a more serious condition arising from this same pattern of weakness.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of a number of yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

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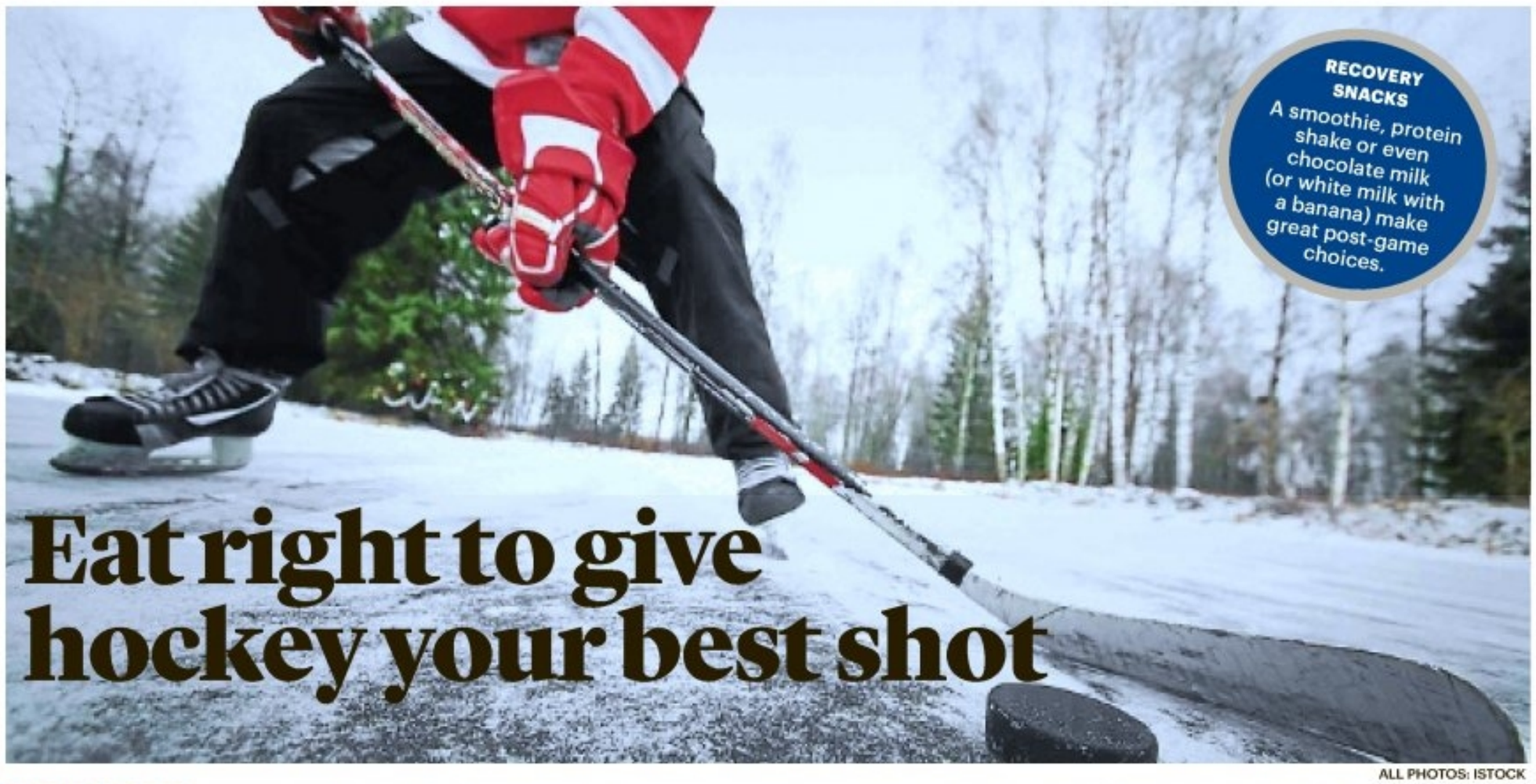


# Eat right to give hockey your best shot

**RECOVERY SNACKS**
A smoothie, protein shake or even chocolate milk (or white milk with a banana) make great post-game choices.

ALL PHOTOS: ISTOCK

PERFORMANCE FUEL

## Maple Leafs' nutritionist Jennifer Sygo's top food tips

Hockey is Canada's national winter sport, and while only a select few players will get the chance to play on the sport's biggest stage, more than 600,000 more play every day in everything from house league to sledge hockey — and that's not to mention beer league hockey for the older folks.

No matter what level of hockey you or your kids play, the time you spend at the rink can be full of not-so-nutritious temptations, be it chicken wings or chocolate bars. While convenience foods are exactly that — quick and convenient — with a few easy changes, you can better fuel your performance, both on the ice and off.

### Eating before hockey

There's an old saying that what you eat before you play a sport won't win you the game, but it could make you lose it, and, in many ways, that's true. What you eat before a practice or game can help top up your energy stores, but it shouldn't leave you feeling heavy or overly full, or cause an upset stomach, bloating, or indigestion.

Finding the right time and type of food takes time and experimentation, so perhaps it's no surprise that the best players become quite superstitious about their pre-game meal.

Your pre-practice or game meal can be eaten any time up to about four hours before you hit the ice. If you have an early morning practice, or only a short time to eat before your later day practice or game, make the meal smaller and lighter; otherwise, if you have two hours or more, experiment with bigger, more balanced meals that will keep you feeling satisfied longer.

In general, try to include both protein and carbohydrates in your meal: the protein helps you to feel full and also aids in muscle repair if you are still recovering from the previous day's practice or game, while the carbohydrates serve as fuel for any high-intensity activity, like the all-out fast break, or a heavy off-ice workout.

### Food to avoid

While healthy fats, such as olive oil, almonds, salmon and peanut butter are an important part of our diet, fats in general are also slow to digest, which means they can leave you feeling uncomfortably full. Keep fats low before hockey — yes, that means skipping the fries, burgers and passing on the bacon — especially if you have limited time before you lace up your skates. Your stomach will thank you.

Like fat, fibre, which is a type of carbohydrate, is good for us — it keeps our digestive tract happy and our blood sugar steady. Also like fat, fibre is slow to digest and can leave you feeling gassy and bloated during a practice or game. So, while they are otherwise healthy, you should limit beans, chickpeas, lentils, wheat bran and even large amounts of whole grains and fibre-rich fruits and veggies (a cup or so is still OK for most), in the hour or two before you play.

Finally, while you might not want to fuel your hockey game with buckets of bran, you don't want to overdo it with sugar, either. While sugary foods, or those that convert to sugar quickly in our body, like white bread, doughnuts, granola bars, white rice and sugary cereals, are relatively quick to digest, they can cause your blood sugar to spike and crash, leaving you feeling tired, shaky and sluggish by the time you hit the ice.

TORSTAR NEWS SERVICE

### FOOD IDEAS

**Pre-hockey meals**

- Grilled skinless chicken breast with brown rice and steamed green beans
- Grilled or baked white fish (like tilapia or cod) with quinoa and a garden salad with balsamic vinaigrette dressing
- Chicken or turkey wrap or sandwich on whole grain bread with mixed veggies. Use mustard instead of higher fat sub sauces or mayo
- Lean steak with a baked or roasted potato or sweet potato and sautéed veggies, like peppers, mushrooms and zucchini

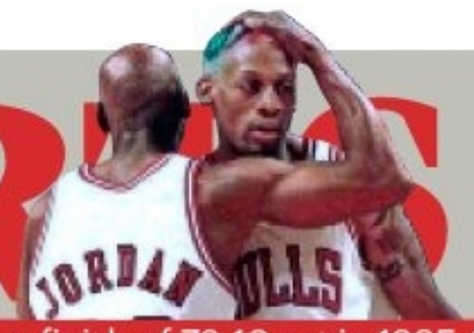
**Breakfast meals**

- Oatmeal made with milk or soy beverage (almond milk doesn't contain any protein) with slivered almonds and raisins
- Cold cereal with milk and a banana
- Greek yogurt with berries and low-fat granola
- 1-2 eggs on whole grain toast with a side of fruit

**Quick snacks**

- Small container (100-125 grams) of Greek yogurt and a banana
- Energy bar (e.g. Clif bar, Builder's Bar)
- Smoothie made with banana, berries and milk of your choice
- Toast or a banana topped with a bit of peanut or almond butter

metro SPORTS



At 48-4, the Warriors have to go at least 25-5 the rest of the way to beat the Bulls' best-ever regular-season finish of 72-10 set in 1995-96

# T.O. cool under the spotlight

2016 NBA ALL-STAR

## City hosts hoops royalty well for high-profile events

When the players cleared the court at the Air Canada Centre on Sunday night, the NBA all-star fun continued.

Cheerleaders — and just about anybody else with a pass — crowded onto the hardwood for photos or just to savour the moment.

All-star weekend is a party. And like most good parties, nobody wanted to leave.

For those keeping count, the West won 196-173 in a game that erased the all-star records for most points by one team (163) and total points by two teams (321).

While Kobe Bryant waved goodbye, a new generation of NBA stars showed off their tricks.

West coach Gregg Popovich called the experience "a joy."

"It's the most fun I've ever had at an all-star game just because of the predominant group of the young talented kids coming up like the new stars and watching them interact with each other was a thrill for me," said the veteran San Antonio Spurs coach.

And despite the frigid weather, Toronto showed its heart when it comes to hoops.

"I think everybody got the feel of the energy that we witness every single night when we play as Raptors players," said Toronto forward DeMar DeRozan, who had several highlight-reel dunks. "I think all the guys really got insight on how in-tune the city of Toronto and all of Canada is to basketball."

> **Toronto, I think we put ourselves on the map a little bit around the world.**
> Kyle Lowry

Drake gave Torontonians a reason to puff out their chests before tipoff.

"This is the best game with the best players, finally in the best city in the world," he said as he introduced the players.

And there was validation from LeBron James.

"Thanks for welcoming our league with open and warm arms," he said of Toronto and Canada. "Even though the weather wasn't as warm, the arms and the love from everyone here has been well-received.

"Toronto did a hell of a job of putting on a show, and it was an honour," he added.

THE CANADIAN PRESS

### MOOD LIGHTING

**Raps to stay on bright side**

The theatre lighting at Air Canada Centre was a talking point for fans throughout all-star weekend, but it's not something that will work its way into Raptors games any time soon.

"We have looked at it for a number of years, actually," said Maple Leaf Sports and Entertainment's vice-president of live entertainment, Wayne Zronik, noting the league's lighting is in the range of a million-dollar setup.

The lower bowl of the ACC is normally a brightly-shown part of the game with broadcast lighting.

"We feel there's more energy in the crowd when (the lower bowl is) lit up," Zronik said.

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Kobe Bryant and LeBron James tip off the all-star game on Sunday night at Air Canada Centre.

RON TURENNE/NBAE VIA GETTY IMAGES

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# Star-studded highlight reel

All-star weekend has come and gone, leaving a Saturday night in its wake that will be discussed for years to come for what happened on the court or what froze off it. Here are the top-five moments from the weekend:

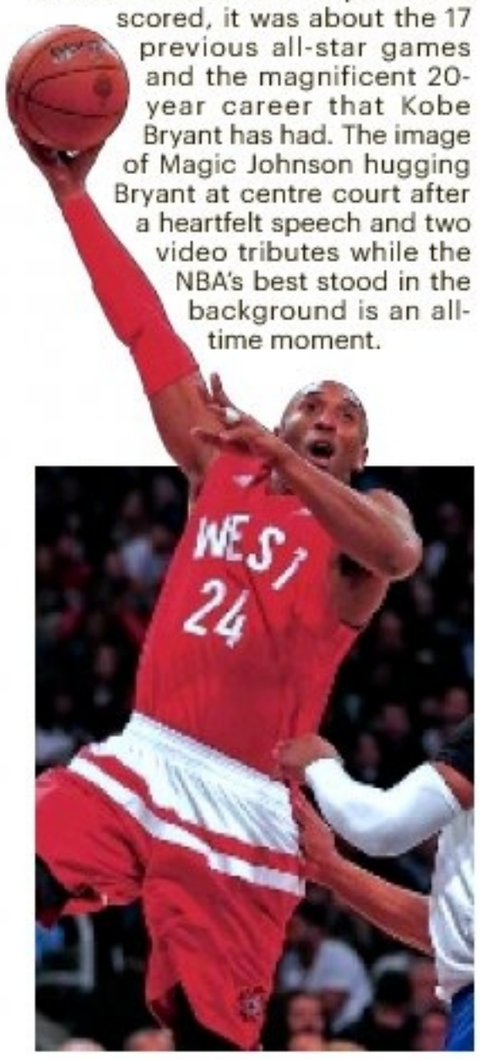
## 1 Dunk contest

Vince Carter's showing in 2000 may have been a better individual effort, but no two players battled in the dunk contest — not even Michael Jordan and Dominique Wilkins in 1988 — the way Aaron Gordon and Zach LaVine did Saturday night. It was the best dunk contest ever to reach an international audience and may never be duplicated.

DAVID VAN DYKE/PHOTO ILLUSTRATION

## 2 Kobe's farewell

It wasn't about the 10 points he scored, it was about the 17 previous all-star games and the magnificent 20-year career that Kobe Bryant has had. The image of Magic Johnson hugging Bryant at centre court after a heartfelt speech and two video tributes while the NBA's best stood in the background is an all-time moment.



## 3 Three-point contest

Kyle Lowry said leading into the three-point contest that everyone else was shooting for third. As Stephen Curry and Klay Thompson poured in shots all the way to the final, it was clear the two best three-point shooters in the world are their own toughest competition. Thompson's 27 points in the final has to set the stage for a rubber match next year after Curry scored 27 a year ago to win in New York.

## 4 Skills challenge

In outduelling Boston point guard Isaiah Thomas in what's been known as a guard-specific obstacle course, Karl Anthony Towns' three-pointer to win the all-star skills challenge showed the game really is evolving into a positionless one. His win, LaVine's and Andrew Wiggins' 30-point night in the Rising Stars game on Friday also showed that the T-Wolves have a talented young core.

## 5 George for 41

Rehab from a horrific broken shin bone suffered at Team USA camp in 2014 limited Paul George to just six games last season. To come back healthy this season, regain his all-star spot and then come up a point short of Wilt Chamberlain's all-star game scoring record is worth celebrating.

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CALGARY

# Flames fall flat against Anaheim

Corey Perry had a goal and two assists Monday afternoon, and the Anaheim Ducks went a perfect 3-for-3 on the power play in a 6-4 victory over the Calgary Flames.

The Flames led 3-2 after an action-packed first period, but with Johnny Gaudreau in the penalty box for tripping, Perry banged a Cam Fowler rebound past Jonas Hiller to tie it on the power play at 2:15 of the second.

The Ducks went right back to the man advantage when Jakub Nakladal was called for holding and needed only 11 seconds to convert, with a rebound deflecting off a couple players and going in off of Sami Vatanan to score putting Anaheim into the lead for good. THE CANADIAN PRESS

**MONDAY In Calgary**

| 6 | 4 |
|---|---|
| DUCKS | FLAMES |

NEW YORK

# Islanders apply full Nelson on Wings

Brock Nelson had a goal and an assist to key a three-goal second period and the New York Islanders beat the Detroit Red Wings 4-1 on Monday.

Josh Bailey, Marek Zidlicky and Ryan Strome also scored to help New York win for the fourth time in five games overall and fourth straight at home. Thomas Greiss stopped 28 shots to win his fifth straight start and seventh of his last eight, improving to 16-6-2 on the season.

Pavel Datsyuk scored and Jimmy Howard also finished with 28 saves while falling to 0-5-3 in his last nine starts for the Red Wings, who were coming off a 4-0-1 homestand.

Nelson's second-period goal was his career-high 21st of the season and 100th career point. THE ASSOCIATED PRESS

**Go to metronews.ca for coverage of the Leafs-Blackhawks game Monday night.**

## IN BRIEF

**Tiger-Cats re-sign pair**

The Hamilton Tiger-Cats re-signed linebacker Frederic Plesius and defensive tackle Michael Atkinson to two-year contracts Monday.

The two Canadian players were free agents.

Plesius, 28, appeared in 17 regular-season games and two playoff contests with Hamilton last year.

Atkinson, 27, had four tackles in eight regular-season games.

THE CANADIAN PRESS

**Former NFLer Hernandez settles shooting lawsuit**

Former NFL player Aaron Hernandez has settled a lawsuit filed by a friend who says Hernandez shot him in the face.

Alexander Bradley was seeking damages for injuries he suffered in a February 2013 shooting after he and Hernandez left a Miami strip club.

The former New England Patriots player is serving a life term for the 2013 killing of Odin Lloyd.

THE ASSOCIATED PRESS

**Shiffrin wins WC slalom in first race after absence**

Mikaela Shiffrin is back. Two perfect runs saw the American win a women's World Cup slalom by almost half a second on Monday, in her first race after two months out with injury.

Leading after the first run, Shiffrin finished 0.45 seconds faster than Nastasia Noens of France, and 0.50 ahead of Marie-Michele Gagnon of Canada.

THE ASSOCIATED PRESS

# Pochettino helping Spurs to finally dig in their heels

PREMIER LEAGUE

## North London's second fiddle in hunt for first title since '60s

Spurs' talismanic striker **Harry Kane**, centre, and key midfielder **Dele Alli**, right, celebrate Kane's goal against Manchester City at the weekend in a vital 2-1 Tottenham win. ALEX LIVESLEY/GETTY IMAGES

In a rundown north London district, building is progressing to turn a vast hole in the ground into a gleaming 61,000-capacity home for Tottenham Hotspur.

Surrounding murals provide a glimpse into how architects envisage Tottenham's new base at White Hart Lane from 2018.

The team itself has advanced more rapidly than the club's construction project.

Walk down Bill Nicholson Way into Tottenham's cramped 36,000-seat ground that has been its home of 117 years and one of the most exciting teams in England is evolving under the guidance of Mauricio Pochettino, led by 19-year-old midfield dynamo Dele Alli and prolific 22-year-old striker Harry Kane.

While unlikely table-topper Leicester has garnered much adulation for injecting a dose of unpredictability into this year's title race, Tottenham has mounted a steady ascent up the standings in their shadow with skilful, high-pressing football.

Tottenham is second, just two points back, after Sunday's 2-1 victory at fourth-place Manchester City. Spurs top third-place Arsenal, their north London rival, on goal difference.

Tottenham has long been eclipsed by Arsenal, which won the last of its 13 English titles in 2004, two years before moving from Highbury, its home since 1913, to 60,250-seat Emirates Stadium. St. Totteringham's Day, when Arsenal fans like to celebrate the point Tottenham cannot overtake their team in the league, might be no more after 20 successive seasons. The 1-1 stalemate in their last meeting in November demonstrated just how far the gulf has narrowed.

Pressure is on Arsenal manager Arsene Wenger. Just making the Champions League by finishing in the top four would be a sign of progress for Tottenham, which has made a net profit during the four transfer windows under Pochettino.

Although Tottenham finished fourth in both 2010 and 2012, the team was never in contention for the league title during the second half of the season. Now for the first time in 31 years, Tottenham is second after 26 games. Make up a few points over the next 12 league games, and Tottenham would be English champions for just the third time — the first since Nicholson's 1961 team featuring Danny Blanchflower.

Success in recent years represented qualifying for the Champions League for the only time in the 2010-11 season when Gareth Bale steered Spurs to the quarter-finals but in doing so alerted Real Madrid to his exceptional talent.

The initial verdict was that Tottenham squandered the Real Madrid record-breaking windfall, but two of the not-so magnificent seven have become key players: midfielder Christian Eriksen and winger Erik Lamela, the most maligned of those 2013 recruits.

Lamela's through-ball set up Eriksen for the winner at City on Sunday, completing a Tottenham double against the 2012 and 2014 champions.

The source of the opening goal was no surprise: Kane raised his league tally to 16 goals.

The bedrock of Tottenham's title charge is a robust back-four. Tottenham used to leak goals but now has the best defensive record in the league, having conceded only 20 goals in 26 games.

As important as keeping the emerging, youthful squad together is retaining Pochettino, the 43-year-old Argentine who joined from Southampton in 2014.

The need to fund a new stadium will see Tottenham having to stick with the recent austerity drive. Pochettino accepts it, saying by buying "cleverly and by mixing the pieces you can build a big team too."

THE ASSOCIATED PRESS

## DIVISION TABLE

| | GP | W-D-L | Pts. |
|---|---|---|---|
| Leicester | 26 | 15-8-3 | 53 |
| Tottenham | 26 | 14-9-3 | 51 |
| Arsenal | 26 | 15-6-5 | 51 |
| Man. City | 26 | 14-5-7 | 47 |
| Man. United | 26 | 11-8-7 | 41 |
| S'hampton | 26 | 11-7-8 | 40 |
| West Ham | 26 | 10-10-6 | 40 |
| Liverpool | 26 | 10-8-8 | 38 |
| Watford | 26 | 10-6-10 | 36 |
| Stoke | 26 | 10-6-10 | 36 |
| Everton | 26 | 8-11-7 | 35 |
| Chelsea | 26 | 8-9-9 | 33 |
| Crys. Palace | 26 | 9-5-12 | 32 |
| West Brom | 26 | 8-8-10 | 32 |
| B'mouth | 26 | 7-7-12 | 28 |
| Swansea | 26 | 6-9-11 | 27 |
| Norwich | 26 | 6-6-14 | 24 |
| Newcastle | 26 | 6-6-14 | 24 |
| Sunderland | 26 | 6-5-15 | 23 |
| Aston Villa | 26 | 3-7-16 | 16 |

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## RECIPE Quinoa Stuffed Peppers

Ceri Marsh & Laura Keogh
For Metro Canada

A healthy and easy dinner that fills you up with its mix of superfood quinoa, fibre-rich black beans and, — everyone's favourite — cheese.

**Ready in**
Prep time: 30 minutes
Total time: 60 minutes
**Makes: 8 peppers**

**Ingredients**
- 3 cups cooked quinoa
- 1 cup corn kernels
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup tomatoes, diced
- 1/2 cup cheddar cheese, grated
- 1/4 cup feta cheese, diced
- 3 Tbsp cilantro, chopped
- 1 tsp cumin
- 1 tsp chili powder
- Salt and pepper
- 8 bell peppers, tops cut, stemmed and seeded

**Directions**
**1.** Preheat oven to 350 F.
**2.** In a large bowl, mix everything (except the peppers) together well. Taste to check seasoning before adding salt and pepper.
**3.** Place all of your peppers into a 9- by 9-inch baking pan so that they stand up. Carefully spoon the filling into each pepper.
**4.** Bake for 30 minutes, or until the peppers are soft and the stuffing is heated through.

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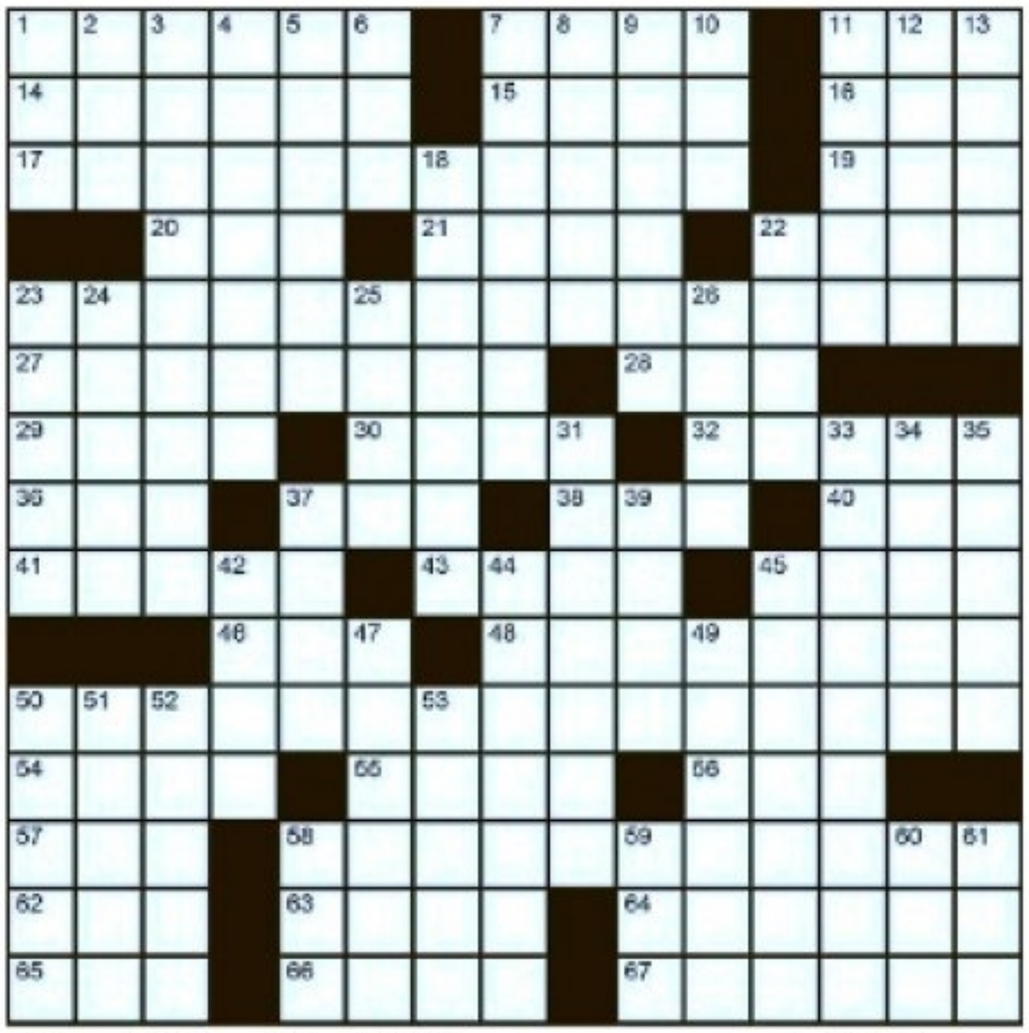
## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Something to generously pick up in a restaurant: 2 wds.
7. Microchip-implanting gr.
11. Ohs partners
14. Madonna's "La Isla _"
15. Greenish-blue
16. Mouse's lab friend
17. New comedy streaming on CraveTV set in small-town Ontario
19. Scientist's 'eggs'
20. 'To hear' in Spanish
21. Vitamins added to milk, _ _ D
22. Prayer ender
23. Not including freshwater, Canada covers over nine million what?: wd. + abbr. + wd. + wd.
27. _ Hall (New York concert venue)
28. Clear
29. Flight schedule acronyms
30. "Climb _'_ Mountain"
32. Schedule times
36. Henpeck
37. Mr. Gershwin
38. Food flavouring brand
40. Goth rocker
41. Sole pattern
43. Model-turned-mogul Heidi
45. Walter Pidgeon's character in "Mrs. Miniver" (1942)
46. Bathroom cleanser
48. Strauss 1933 title soprano role
50. The astrolabe, as used by explorer Samuel de Champlain: 2 wds.
54. Wading bird
55. Filing cabinet abbr.
56. Dick Tracy, e.g.
57. Super Bowl 2016 MVP Mr. Miller
58. Verdi opera: 3 wds.
62. Nightfall
63. Flashy fabric
64. Cabernet _ (Wine by Canadian entrepreneur Kevin O'Leary)
65. Bronze Roman money
66. U.S. liquid meas.: 2 wds.
67. Primps

**DOWN**
1. Li'l dinette piece
2. Furrow maker
3. VIP's crew
4. Renaissance paintings like The Death of Actaeon
5. Pied-_-_ (Country dweller's dwelling-in-the-city)
6. Tavern
7. Broccoli cooker
8. Oscar-winner Sean's
9. Frankness
[var. sp.]
10. Rita Hayworth's royal husband, _ Khan
11. Bouquet property
12. Oasis
13. Television support
18. Three-pronged Arctic fishing spear
22. Actor Alan
23. "_ of a Woman" (1992)
24. Doha's locale
25. Spa city in Hungary
26. Retro dog name
31. "That's awesome, dude.": 2 wds.
33. Make up the narration: 3 wds.
34. Singer Ms. Sande
35. Totally ticked: 2 wds.
37. Peter, Paul and Mary's "_ _ Rock and Roll Music"
39. Marvel mutant
42. Notice: French
44. _-faire
45. Cause _ (Attention-grabbing controversy)
47. Bear or elk or Canuck
49. Way worse
50. Skin care company
51. Over
52. Grapes graspers
53. Laura Branigan hit that goes "God how I love you so.": 2 wds.
58. Alien sitcom
59. Sovereign, e.g.
60. Mr. Chaney Jr.
61. Fire dept. ranks

## IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
You have an obsession with perfection but not everyone shares your need to get it right every time. Be warned: if you push others too hard today it might tempt them to be obstructive, or even destructive!

**Taurus** April 21 - May 21
This is a great day for social affairs. Even if you're not usually good with words you'll be chatty and charming today and make a good impression on someone you fancy.

**Gemini** May 22 - June 21
If you're planning a surprise for a loved one be careful who you confide in as information could easily slip out. It may not spoil the occasion but it could take the gloss off it a bit.

**Cancer** June 22 - July 23
If you are still feeling down then you really must get out and about more. Mix with people who are cheerful and chatty — it won't be long before their good mood rubs off on you.

**Leo** July 24 - Aug. 23
If someone you don't always get along with makes an effort to be nice today you must make an effort in return. Just because you have different values does not mean you cannot be colleagues, or even friends.

**Virgo** Aug. 24 - Sept. 23
If you are going to push yourself to the limit, now is the time. You will find it easy to reach targets that were previously out of your reach. This is also a good time to plan a vacation.

**Libra** Sept. 24 - Oct. 23
There are days when, no matter how hard the task at hand, everything comes easy, and this will be one of them. Ask yourself what you would most like to accomplish, then do it.

**Scorpio** Oct. 24 - Nov. 22
If you limit yourself to tried and tested ways over the next few days you will not only make unnecessary work for yourself but you may miss out on something that could have made your life richer and more enjoyable.

**Sagittarius** Nov. 23 - Dec. 21
It may seem as if events are no longer under your control but nothing bad will happen if think logically. The important thing is to not let your heart overrule your head.

**Capricorn** Dec. 22 - Jan. 20
If you try to force others to follow your lead they are sure to refuse. If, however, you use your charm you will find it easy to move them in the direction you want them to go.

**Aquarius** Jan. 21 - Feb. 19
Identify what it is you want most out of life, then focus on it. Others may try to distract you but there is a stubborn side to your nature and when you have a goal in mind you don't stop until it is reached.

**Pisces** Feb. 20 - March 20
All the upsets and restrictions of the past few months are beginning to fade and by Friday you will be king, or queen, of the castle again. Always look forward. Never look back.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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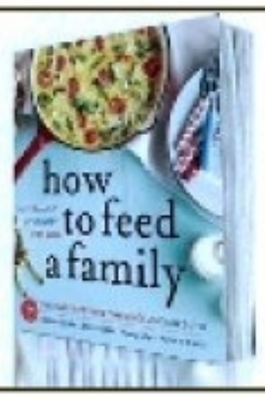


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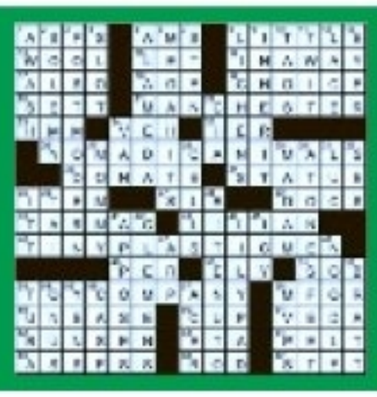

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| 1 | 2 | 4 | 8 | 9 | 6 | 5 | 7 | 3 |
| 6 | 9 | 3 | 2 | 5 | 7 | 8 | 4 | 1 |
| 7 | 8 | 5 | 3 | 4 | 1 | 2 | 6 | 9 |

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Bayview Village
Centerpoint Mall
Crossroads Plaza
Fairview Mall
Lawrence Square
North York Sheridan Mall

OAKVILLE
478 Dundas St.W.
Oakville Place

OSHAWA
Oshawa Centre
Oshawa Sobeys Plaza

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall

SCARBOROUGH
259 Morningside Ave.
Eglinton Square
Malvern Town Centre
Scarborough Town Centre

THORNHILL
Promenade Mall

TORONTO
120 Adelaide St. W.
2256 Bloor St. W.
2171 Queen St. E.
2323 Yonge St.
Chinatown Centre
College Park
Dufferin Mall
East York Town Centre
Gerrard Square
Holt Renfrew Centre
Royal Bank Plaza
Scotia Plaza
Shops at Don Mills
The Stockyards Shopping Centre
Toronto Eaton Centre
Yorkdale Shopping Centre – Kiosk

VAUGHAN
Vaughan Mills

WHITBY
SmartCentres Whitby
Whitby Mall

WOODBRIDGE
4080 Highway 7

Also available at:

THE SOURCE I WANT THAT

Current as of January 31, 2016. Offer ends February 20, 2016. Available to new residential customers in Ontario where access and technology permit. The Bundle Program may be changed/terminated at any time. Bell is not obligated to provide the Bundle Discount for the duration of term; see bell.ca/bundledetails. Subject to change without notice; not combinable with other offers. Taxes extra and restrictions apply. For certain offers, customer must select e-bill and create MyBell profile. Early termination charges may apply. Internet Modem rental required; one-time modem rental fee waived for new customers. Up to 25 Mbps download speeds. Upload access speeds will vary depending on the distance between the customer's modem and switching equipment from Bell: min. 0.9 Mbps and max. 10 Mbps. Speeds on the Internet may vary with your configuration, Internet traffic, server or other factors; see bell.ca/internet. Unlimited Internet usage option: Available to Internet customers with continued subscription to an eligible TV and Internet bundle; see bell.ca/bundledetails. Subject to your compliance with the terms and conditions of your Internet service agreement found at bell.ca/agreements. Home phone available where not CRTC-regulated. Service area charge ($4/mo.) may apply; see bell.ca/serviceareacharge. **(1)** Available with select channels/content, excluding US networks and non-local content, and subject to viewing limitations. **(2)** Requires 4K Whole Home PVR, 4K content and a 4K TV. **(3)** With select compatible Apple and Android devices. Requires Mobile network or Wi-Fi connection. Select live channels and on demand programming can only be viewed if included in your Fibe TV subscription and may vary if viewed over Wi-Fi at home (more content) vs. outside your home. Content viewed over Wi-Fi at home will count towards your monthly Internet data usage. Mobile data charges may apply. TV control features are only available within your home. Channels/content subject to change without notice and blackout periods may apply. Other conditions apply. To download the Fibe TV app and for more details, see bell.ca/fibetvapp. **(4)** Only the PVR needs to be wired to the service. A wireless receiver ($7/mo. rental plan or $199 purchase) needs to be connected to each additional TV (up to 5) and to a power outlet. Customer responsible for use of wireless receiver: Do not expose to heat sources, rain or damp and temperature extremes. Range of wireless signal may vary due to electromagnetic interference, home construction material, obstructions and other environmental factors. **(5)** A separate subscription to Netflix and CraveTV services is required to view content. Viewing content on Netflix will count towards your monthly Internet data usage. **(6)** Available to new customers who continuously subscribe to Fibe TV, Internet and Home phone. $99.85 promotional monthly rate is based on a promotional credit against regular monthly pricing and on the continued subscription to: Fibe TV Good package : regular monthly rate $47.95, plus $3 Digital Service Fee, less $26/mo. programming credit for 12 full billing periods, less $7/mo. bundle discount; Fibe Internet 25: regular monthly rate $69.95, less $43/mo. credit for 12 full billing periods, plus $10/mo. for unlimited Internet usage; and Home phone Choice: regular monthly rate $53.95, less $9/mo. discount, plus $10/mo. for Unlimited Canada and US, less $10/mo. discount. Promotional price will apply to your first full 30-day billing period and for each full billing period after that, for the duration of your promotion. A billing period may not start on the day of the subscription to our services. Regular price will apply for services delivered prior to the first full 30-day billing period. All prices are subject to change or if Bell terminates your services during a 30-day billing period. **(7)** $0 rental based on $15 monthly rental fee, less a $15 monthly credit. Available to new Bell TV subscribers with continued subscription to three eligible Bell services; see bell.ca/bundle. The receiver remains Bell's property. You may terminate your rental at any time provided you return the receiver (early termination fees on programming may apply). Receivers may be new or refurbished at Bell's choice. **(8)** Available to customers who continuously subscribe to three select services. Applies to direct-dialed outbound calls to Canada and the U.S. (including Alaska and Hawaii, but excluding other U.S. territories), excluding toll-free calls. Calls to certain conference or adult services or to high-cost areas may be restricted, and subject to other use restrictions in Terms of Service; visit bell.ca/legal. **(9)** Fibe TV: Installation charges are $199.95 without a term. Includes installation of modem, Whole Home HD PVR and up to 2 additional HD receivers; see bell.ca/fibetvinstall for details. $50 installation fee for each additional receiver. Internet: conditions apply; see bell.ca/fullinstall. Home phone: installation includes one jack at the service entry point where none present; installation fee is $75 for the 1st additional jack, $50 for every subsequent jack. The Minions © 2015 Universal Studios. All Rights Reserved. Fibe is a trademark of Bell Canada.